

Reduce shower costs by installing water saving showerheads

Bathing, whether by tub or shower, is the single largest use of hot water in most homes. You may have heard that tub baths cost a lot in hot water. But hot water for showers, which typically use less hot water than baths, costs more than most people realize — about 3 to 4 cents a minute if you have an older model showerhead.

Fortunately, it's easy and inexpensive to reduce your shower costs. If your family takes showers regularly you can save \$2 to \$5, or even more, each month in water heating costs.

How? Simply replace your old showerhead with a new, water-saving model that delivers fewer than 3 gallons per minute (gpm) of water.

If you've ever installed a flow-restrictor disk in your showerhead, you may be reluctant to try a water-saving showerhead because you remember how unsatisfying those showers were. But new water-saving showerheads provide a full, forceful spray. It's likely that a new, specially engineered, water-saving showerhead will give you a better shower than your present model.

Saving hot water also means reducing your household's total water consumption. If you pay for water, you'll save on your water bill, too. And if you regularly run out of hot water, a water-saving showerhead will probably eliminate this problem.

The actual flow rate of a showerhead depends on the water pressure in your home. That varies with incoming water pressure, pipe diameter and competing home water uses.

Older showerheads typically deliver between 4 and 6 gpm. New models deliver between 2 and 3 gpm. Anything over 3 gpm wastes water and money.

To measure the flow rate of your present showerhead, all you need is a bucket and a watch that counts seconds. Turn on the shower to the tem-

perature and pressure setting you use. Hold the bucket under the nozzle for exactly 15 seconds. The number of quarts of water you collect in 15 seconds equals the flow rate (in gpm) of the showerhead. If you have a combination shower/tub and the tub spout leaks while you use the shower, take a 15-second flow rate measurement of the tub spout leak. You're paying for that wasted hot water, too.

Most water-saving showerheads are priced between \$10 and \$25. Some cost as little as \$2. Most manufacturers make several models with similar spray patterns but different features. You can expect to pay more for a model with pulsating spray, spray pattern adjustments and a "soap-up" valve. You'll probably pay more for metal than for chrome-plated plastic models.

Be sure the package specifies that the showerhead delivers fewer than 3 gpm at 80 pounds per square inch (psi) of water pressure.

Don't assume that higher flow rates or higher prices mean a better shower. Recent comparative tests of showerheads suggest that consumer satisfaction depends more on spray pattern than flow rate. Preferences are personal. A good way to find a model you like is to feel the spray of showerheads when visiting friends and neighbors.

New showerheads form their spray two ways: Non-aerating showerheads typically produce a continuous spray from a series of holes. Spray patterns are similar to older models. Aerating showerheads mix air with water in a tiny chamber to produce many droplets. Aerating showerheads produce a more forceful spray and may be noisier.

Hand-held, or "personal", showerheads typically have the most gentle spray and lowest flow rates. Hand-held models are non-aerating and allow you to precisely direct spray.

Installing your new showerhead. Replace your old showerhead in three easy steps:

1. Most showerheads attach to the shower arm (the pipe that comes out of the wall) with a hexagonal nut. If your showerhead is mounted on a ball at the end of the shower arm, you'll need to ask at a plumbing store for a "ball arm type" water-saving showerhead or a "ball-arm adapter" that allows normal showerheads to

be installed. Or replace the shower arm with one that has standard pipe fitting.

2. Loosen the hexagonal nut (turning counterclockwise) on your existing showerhead with a wrench. If the nut is hard to loosen, wrap several layers of cloth or cardboard around the shower arm and hold it firmly with vise-grip or water-pump pliers while loosening the nut. This reduces the chance of breaking the pipe inside the wall and scratches on the shower arm.

3. Install the new showerhead. (If your new showerhead doesn't include a rubber washer, first wrap some Teflon plumber's tape around the threads of the shower arm.) Tighten the showerhead and turn on the water to check for leaks around the nut. If tightening the nut doesn't stop the leaks, remove the showerhead, wrap Teflon plumber's tape around the threads and reattach the showerhead.

4. Test the temperature of water from your new showerhead to be sure you don't get scalded when water pressure changes in your house. Flush a nearby toilet and feel the shower water temperature with a cautious finger.

Other ways to save hot water. While you're thinking about hot water, reduce your water heater setting to 120 F. First check the present temperature of hot water at your faucets with a meat or candy thermometer. If the water temperature exceeds 120 F, reduce your water heater setting. For electric water heaters, turn the power off at the circuit breaker or fuse box and reduce both top and bottom thermostats. For gas water heaters, set the red knob near the bottom of the tank to "low". Measure the temperature of hot water from your faucets again in a few hours. Readjust if necessary.

If your water heater isn't insulated, install an insulation blanket. It reduces tank heat loss.

Lowering your water heater setting and insulating your tank may save you \$1 to \$3 a month.

If you have a combination tub/shower and the tub spout drips while you're taking a shower, replace the spout. Carefully remove any caulk around the base of the spout. Unscrew the spout (counterclockwise). Take the old spout to a plumbing supply store to match the mounting. Wrap Teflon tape around the threads of the

new spout and screw it into the pipe in the wall.

To save water and energy, convert an existing bathtub to a tub/shower so you can take showers instead of baths. Simply replace the tub spout with one that has a showerhead pipe connection. You'll also need to buy a shower curtain and rod.

Enjoying your new shower. You may prefer a hot water setting that's different than the one you used with your old showerhead. Remind everyone in your household to test the water temperature before getting in the shower.

If the spray of your showerhead changes, remove or disassemble the showerhead and check the nozzle for particles. You may want to clean the nozzle every six months.

Ask everyone to give the new showerhead a few days trial before deciding how they like it. Try different flow rates. Many people find that reducing flow improves the feel of the new showerhead. Reducing flow also may make the shower quieter. Your household will soon get used to the new showerhead. Remind everyone that it significantly reduces energy and water consumption and saves you money.



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

4-H Calendar and Fair Dates

- June 22-26 — Summer Week at OSU in Corvallis, Oregon
- July 23-26 — Jefferson County Fair. Theme is, "Harvest & Heritage"
- July 29 - Aug. 2 — Deschutes County Fair, theme is "Blue Jeans & Country Scenes"
- August 9-14 — 4-H Wilderness Enrichment Camp at Trout Lake
- August 12-16 — Crook County Fair, theme is "A Country Gathering"
- August 20-23 — Wasco County Fair, theme is "Celebration Along the Barlow Road"

Field Day to cover ecology and management of weeds

Oregon State University Range Field Day scheduled for June 30, 1992 will cover the subjects of Ecology and Management of Rangeland Weeds. Range Field Day is co-sponsored by OSU's Department of Rangeland Resources and Eastern Oregon Agricultural Research Center, Burns.

The encroachment of alien weeds onto western rangelands is one of the most perilous and perhaps least recognized problems facing land managers today.

Ever-increasing numbers and distribution of weeds threaten Oregon's economy and environmental quality by reducing wildlife habitat, livestock forage, watershed potential, recreational opportunities, and property values.

Successful weed management programs must be based on sound ecological principles to reduce the competitive ability of weeds; replace weeds with more desirable vegetation; and maintain plant communities in high ecological condition to resist weed invasion.

Our 1992 Range Field Day will focus on the ecology and management of several important rangeland weed species. Much of the information presented will be based upon research conducted by the Department of Rangeland Resources and the Eastern Oregon Agricultural Research Center.

The program will be of interest to ranchers, agency personnel, and others with a stake in rangeland values.

The program will qualify for 5 pesticide applicator recertification credits with the Oregon Department of Agriculture.

PROGRAM

Morning session:

8:00 Coffee and donuts

8:30 Welcome and Introduction

William C. Krueger

8:45 The Ecological Process of Weed Encroachment

Larry L. Larson

9:15 Whitetop: Ecology and strategies for Control

Michael L. McInnis, Larry L. Larson, Dan Sharratt,

Richard F. Miller and Gary L. Kiemnec

9:45 Yellow Starthistle Control

Douglas E. Johnson,

Michael M. Borman and

Ronald T. Mobley

10:15 Break

10:30 Goat Grazing to Restore Degraded Sagebrush Steppe Rangeland

Lesley Richman and Douglas E. Johnson

11:00 The Many Faces of Cheatgrass

David A. Pyke

11:30 The Role of Management in Preventing Weeds

Thomas E. Bedell

12:00 Lunch (available on-site for a nominal price)

Afternoon session:

1:45 Field Tour of the Alder Creek Area, Baker County

until 4:30 p.m.

The Alder Creek area is located south of Baker City, Oregon. High-

lights of the tour will include new information on:

- Leafy spurge
- Knapweeds
- Biological control agents
- Herbicides
- Research methods to study weeds

Meet at the Baker County Extension office at 1:30 p.m. to organize carpools for travel to the site.

For further information contact: Mike McInnis or Larry Larson, OSU-EOSC Agriculture Program, Eastern Oregon State College, La Grande, Oregon 97850; (503) 962-3612.

Salmon pasta salad

1 1/2 cups uncooked, tricolor pasta

1 can (15.5 ounces) drained, flaked salmon

1/4 cup chopped green pepper

4 chopped green onions

2 medium scraped & sliced carrots

1 small, thinly sliced zucchini

3 Tbsp. white wine Worcestershire

1/3 cup low-calorie mayonnaise

whole lettuce leaves

Cook pasta according to package directions, omitting salt and fat; drain. Rinse with cold water; drain. Combine pasta, salmon, and next 4 ingredients; toss gently. Combine Worcestershire sauce and mayonnaise; stir well. Pour over pasta; toss gently. Spoon onto a lettuce-lined serving platter. Yield 6 servings.

Baked sweet potato

1/4 cup sweet potato or yam (mashed)

dash each of salt, pepper, nutmeg

1 Tbsp. milk

Combine all ingredients. Beat until smooth and creamy. Bake at 350 degrees F. (175 degrees C.) for 20 minutes. Yield 1 serving.

Carrot pineapple cake

1 1/3 cups all purpose flour

27 packets Equal tabletop sweetener, sweetened with Nutrasweet brand sweetener

1 tsp. ground cinnamon

1/2 tsp. baking soda

1/2 tsp. baking powder

1/2 tsp. salt

1 cup grated carrot (about 1 medium)

1/2 cup vegetable oil

1/2 cup drained, crushed pineapple

2 eggs

1/4 cup chopped nuts

APRICOT SAUCE

8 packets Equal tabletop sweetener, sweetened with Nutrasweet brand sweetener

1 Tbsp. cornstarch

1 cup apricot nectar

2 or 3 drops lemon juice

Mix flour, Equal, cinnamon, baking soda and baking powder. Stir in remaining ingredients until dry ingredients are moistened. Pour into a tube pan. Let set for 10 minutes.

Microwave uncovered on Medium HI (70%) 5 minutes or until toothpick inserted off center comes out clean. If toothpick is not clean, microwave about 1 minute longer. (Parts of cake will appear moist but will continue to cook while standing). Let stand a few minutes; remove to rack.

Combine Equal and cornstarch in

2-cup glass measure. Stir in apricot nectar and lemon juice. Microwave on HI (100%) 2 to 3 minutes or until

mixture is thick and clear, stirring once. Let stand 5 minutes. Spread over cooled bread.

RISK

To LAUGH is to risk appearing the fool;

To WEEP is to risk appearing sentimental;

To REACH OUT for another is to risk involvement;

To EXPOSE FEELINGS is to risk exposing your true self;

To PLACE YOUR IDEAS, YOUR DREAMS, before a crowd is to risk loss;

To LOVE is to risk not being loved in return;

To LIVE is to risk dying;

To HOPE is to risk despair;

To TRY AT ALL is to risk failure.

But to risk we must...because the greatest hazard in life is to risk nothing. The Man, the Woman, who risks nothing, does nothing, has nothing, is nothing.

Honey bee sting not as painful as yellow jacket sting

What's the difference between a yellow jacket and a bee? An important question because the two are often confused. Here are some differences: Yellow jackets sting frequently, painfully, don't leave a stinger in the skin, and a single individual may sting more than once. Bees, I mean here the European honey bee, are much less likely to sting, the sting is not as painful, always leave a stinger imbedded in the skin (remove it immediately!) and a bee can only sting once because it dies after stinging you.

Yellow jackets are heavy-bodied wasps, black with yellow markings. They live in nests located either at or below ground level, or suspended above ground in an enclosed, papery nest. During the early summer months, hunting "workers" search for protein food, usually other insects. They are attracted to any meat-based food. The food is carried back to the nest and fed to their young. Later, towards the end of summer, their tastes switch to rotting fruit, fruit juices and other sugary items.

You've probably noticed that yellow jackets are early and numerous this year. We think there are at least two reasons for this. One reason is that more queens survived our warm winter, thus more nests were started. Secondly, our early, warm spring allowed nest building to begin

sooner and proceed more quickly. This will make more sense after I describe the yellow jacket lifecycle.

Yellow jackets are social insects - they live in nests controlled by a queen whose sole responsibility is to lay eggs. She begins a nest in the spring by laying a few eggs and raising these workers to adulthood. At this point the queen no longer leaves the nest to hunt for food - the workers provision, expand and defend it. The queen merely eats, watches TV (sic) and lays eggs, the ultimate couch potato! As spring and summer go by, the nest grows as new workers are reared and assume their role. By the end of summer, nests may contain hundreds of workers. This is why yellow jacket problems are more common in August and September.

The nest has also produced a crop of new queens and males by now. By the time of first frost, all of the workers have died and all that remains are the new, fertilized queens. The new queens find somewhere protected to spend the winter then begin the cycle again when the weather warms. Two points to remember - only queens survive the winter, and they do not return to the nest built the previous summer.

Control: Often yellow jackets require control because of where they build their nests. Here are some dos

and don'ts: (1) Do treat nests at night with an approved aerosol insecticide; treating at night will assure that all workers are inside and relatively calm; (2) Don't pour gasoline into ground nests - this is a dangerous, environmentally harmful and an illegal practice! and (3) Do use products specifically made for yellow jacket control - products containing chlorpyrifos or Dursban are effective for treating nests.

Trapping: You've probably seen yellow jacket traps for sale in yard and garden stores. These traps use small baits to attract worker yellow jackets into a trap from which they (according to theory at least) cannot escape. The baits are synthetic odors that mimic either rotting meat or fruit juice (guess which one is best & when - see above). When the synthetic bait runs out try fish/chicken flavored cat food and/or apple juice as a replacement. The traps can provide some temporary relief to picnics, etc. by drawing workers away from people. They are not effective for nest control however.

A note of safety: Some people are allergic to the venom of yellow jackets and some are allergic to bee stings. This reaction can be life-threatening. If you are particularly sensitive to yellow jacket or hornet venom be cautious in late summer and early fall when these insects are

most numerous. Bee stings can occur anytime bees are out of their hives but are far less common.

Be sure to read and follow the pesticide product label. The label is the final word on what does or does not constitute a legal and safe application.



Eggs Parkhurst

1/2 cup (4 oz.) low-fat cottage cheese

1/4 tsp. Worcestershire sauce

1 can (4 oz.) sliced mushrooms, drained

1 jar (2 oz.) chopped pimentos

2 Tbsp. chopped green onions with tops

2 hard-cooked eggs, wedged

Hot cooked noodles

Place cottage cheese and Worcestershire sauce in blender container. Cover and blend at medium speed until smooth. Pour into small saucepan. Stir in mushrooms, pimentos and onions. Gently stir in eggs. Cover over low heat just until heated through. Ladle over noodles.

diseases that can occur with advanced age. Failure to recognize an alcohol problem results in the treatment of a symptom—confusion, depression, disorientation, falls—rather than the real problem.

Contrary to popular belief, older adults have a high success rate of completing treatment and remaining sober. Unfortunately, many families feel that drinking is one of the few "pleasures" left to their older relative or that an older person is incapable of change.

"If you know an older person for whom alcohol is creating problems, it is important that he or she receives treatment. It's also important for family members to receive counseling about how to approach their older family member and to deal with their own issues revolving around the older person's alcohol problems," Schmall stresses.

For more information about alcohol problems in later life, what you can do

to help a person stop drinking, and why alcohol affects us more when we are older, contact your local county Extension office. Ask for the bulletin, "Alcohol Problems in Later Life", PNW 342. Cost is \$.75.

Free testing of pressure cookers with dial gauges

Pressure gauges with clock-like dials should be tested every year. This is important for safe canning of foods.

On Monday or Thursday being the lid with the dial gauge, and the heavy control weight. They will be tested and ready at the end of the following day at the OSU Extension office. Contact Norma Simpson the Extension Home Economist.

Bull exposure shortens Anestrus

One goal of cattlemen everywhere is to bunch their calving season into a nice short time frame. One method to do so is to shorten the time between calving and the cow beginning to cycle again for rebreeding.

Tests at Nebraska show that by exposing your cows to a bull two to three weeks after calving can speed up cycling by as much as 20 days compared to

cattle not exposed. In addition, cows in moderate body condition were more responsive to bull exposure than cows in high body condition at calving.

The average starting dates for the cycles was 61.8 days from birth for cows exposed to young bulls, 59.5 days for cows exposed to mature bulls, and 72.3 days for cows not exposed. A little simple management can help you get your herd reproducing sooner.

Oregon 4-H Outdoor Discovery Team

Is it for you? it is if.....

-you will complete the 7th or 8th grade in June 1992;

-you would like to learn more about Western Oregon ecology;

-you are in good physical condition;

-you would like to spend 3 days doing habitat improvement work at the Oregon 4-H Center.

For more information, call the Extension office 475-3808. Applications due May 15.

Mountain man pancakes

1 egg

1 1/4 cup buttermilk

1 Tbsp. molasses

2 Tbsp. margarine (melted)

1 cup flour

1 tsp. salt

1/2 tsp. baking soda

2 tsp. baking powder

1/2 cup yellow cornmeal

vegetable cooking spray

Beat egg, buttermilk, molasses, and margarine together until well blended. Add remaining ingredients, except vegetable cooking spray. Stir just enough to blend. Cook in skillet coated with vegetable cooking spray. Yield: 10 pancakes, 4 inches in diameter.