

Feed your family well using the new Food Guide Pyramid

In the old days, people ate what was seasonal and what was available. If food was scarce, we shared the limited supply. If it was abundant, we stored food for later.

But today, seasonal foods are abundant all year around, and choices seem endless for most people. Choosing the right food and the right amount of food is the problem today. And we have advertising to tempt us in every direction. As a result many

of us are overweight, and have diseases such as diabetes or cancer which are related to unhealthy eating patterns.

To help simplify the choices of which foods to eat, the U.S. Department of Agriculture released a new food pyramid to remind us of the choices that our bodies need to be healthy and fit. Take a look. It is different from the suggestions we have used for 30 years.

Food Guide Pyramid A Guide to Daily Food Choices

Fats, Oils, & Sweets
Use Sparingly

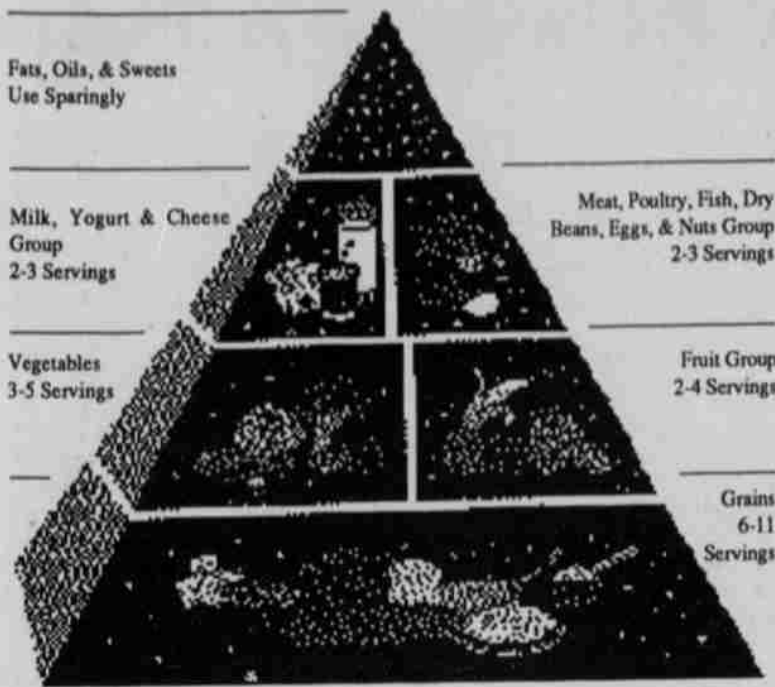
Milk, Yogurt & Cheese
Group
2-3 Servings

Vegetables
3-5 Servings

Grains
6-11 Servings

Meat, Poultry, Fish, Dry
Beans, Eggs, & Nuts Group
2-3 Servings

Fruit Group
2-4 Servings



Hot summer weather hard on landscape

Sunburn afflicts people and shrubs alike. People avoid it by using sunscreen. Help your landscape shrubs avoid it by discontinuing pruning during hot spells.

Some summer pruning of ornamental trees and shrubs is beneficial, says Ray McNeilan, Oregon State University (OSU) Extension home gardening agent. However, thinning trees and shrubs, along with removal of water sprouts and suckers, takes away some of the foliage of these plants, which exposes inner foliage to direct sunlight.

The result is a sort of sunburn, a drying out and some wilting of inner foliage. Homeowners who prune trees and shrubs in June or July may notice this sunburn effect on their landscape plants and become alarmed.

"It's no cause for panic," says McNeilan. "The drying and wilting of leaves on recently pruned plants means the loss of those leaves. But

usually new leaves will come on to replace them. The loss of a few leaves due to sunburn doesn't mean the plant is in danger of dying.

Eventually, the tree or shrub will recover, McNeilan says. Remember that hot summer weather is hard on landscape plants and don't prune during especially hot periods.

Earthquake insurance in Oregon?

The recent earthquakes in the Los Angeles area have caused many Oregonians to wonder about the need for earthquake insurance.

"Only three percent of homeowners in Oregon purchase the optional earth movement insurance coverage," said Insurance Division Administrator Mary Alice Bjork, "compared to 25 percent of Californians. Standard homeowners policies do not cover structural damage caused by earth movement as a result of an earthquake. Homeowners need to

The base of the pyramid is made up of foods made from the grain foods such as wheat, rice, breads and pastas, such as spaghetti and noodles. If we eat the 6-11 servings of the grain group, we will have plenty of energy to last through the day. These carbohydrate foods help us to want less fatty foods, and help us to burn up fat when we lose weight.

Some people say that 6-11 servings is a lot. So let's count what many people eat each day. For breakfast, a bowl of cereal, two pieces of toast. For lunch a sandwich with two more pieces of bread and perhaps some crackers to go with a bowl of soup. We already have 6 servings from the grain group. Finally when we add dinner, we have a salmon noodle casserole with bread sticks and we have 8 servings from the grain group for the day.

A major change in the grouping of foods is making a category each for fruits and for vegetables. Before they were combined with only four recommended choices.

The vegetable group suggest 3-5 servings. Vegetables are complex foods which take more time to digest. When we eat a good plate full of vegetables, we feel full until time for the next meal. That means we want to snack less. Be sure to include the traditional roots in this category. Let's say that you have some bitter root along with green beans and spinach/lettuce and tomato salad along with the salmon/noodle casserole. And for lunch with your bologna sandwich you had some lettuce and a carrot stick. Already for this day, you have 5 servings of vegetables. Well Done!

The fruit group suggests 2-4 servings. Now is the time to take advantage of the beautiful fruit in the stores. How about a handful of fresh huckleberries for breakfast, a banana for lunch, and a giant slice of watermelon for dinner. Already we have 3 servings and we haven't had any snacks for the day. The fruit group has vitamins and minerals to protect your bodies and help us do the work and play that we all want to do.

The dairy products group suggests 2-3 servings. You probably already had two servings of dairy products in the casserole, some cheese and some milk plus some milk on the breakfast cereal. For the growing toddler, give her some more cheese to nibble between meals. This group is very important for growth and repair of bones and teeth.

The protein group suggests 2-3 servings. This group has meat, poultry, fish, dry beans, nuts and eggs in it. Your dinner meal all ready has salmon in it, and the bologna sandwich adds the second choice for protein to build and repair muscles. When the kids are hungry after a swim in the creek, perhaps some peanuts or a hard cooked egg will give them an extra boost until dinner time.

The top of the pyramid is the reminder. Those fats, oils and sweets that we love so much, are the ones that do more harm to our nutritional well-being. Use them sparingly. How about fry bread only twice a week, instead of everyday. And how about real juice rather than a carbonated fizzy drink. Or be daring! suggest water when they are thirsty.

Garden potatoes need extra care

For a good harvest, give your garden potato plants extra care through the summer.

As potato plants grow, gradually mound soil around the base of each plant six inches to either side. Sunlight causes newly formed potatoes to turn green. Mounding the soil around the plant helps protect new tubers from the sun.

When piling the soil around the plants, be careful not to cover plant foliage.

Weeding around potato plants is important, says Ray McNeilan, Oregon State University (OSU) Extension home gardening agent. Use a hoe to cut the weed roots just below

Herefords commonly affected by cancer eye

Bovine ocular squamous cell carcinoma, commonly called "cancer eye," is one of the more serious problems faced by ranchers today. Although the disease occurs in several other breeds as well as crossbred animals, Herefords are most commonly afflicted. The cause of the disease is unknown, however genetic predisposition of the Hereford breed together with prolonged exposure to ultraviolet light in the sunny climates of the West appear to be contributory factors to the onset of the disease. Presently, "cancer eye" comprises approximately 80% of all tumors reported at slaughter and is the leading cause of carcass condemnation with losses approaching \$20 million per year in the U.S. alone.

Various forms of therapy have been developed to treat "cancer eye" including traditional surgery, cryosurgery (freezing the tumor), hyperthermia (heating the tumor), radiation and immunotherapy. The effectiveness of each of these treatments whether the tumor has invaded the underlying structures. Traditional surgery, which involves excision of the tumor via lid resection and/or enucleation (removal of the eyeball), does not always cure the disease. In our experience, a 40-50% recurrence can be expected. Additionally, can-



Information provided by:
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1992 Summer 4-H Calendar and Fair Dates

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"
August 27-Sept. 7 — Oregon State Fair, theme is, "We're Talkin' Big"
Please call your 4-H Leader to find out if you are meeting through the summer

Wilderness Enrichment camp to begin

The 4-H Wilderness Enrichment Camp at Trout Lake is scheduled for August 9-12, 1992. Camp is open to all girls and boys completing grades 3 through 7, regardless of race, creed, or national origin. 4-H membership is not required.

Transportation will be provided to camp, parents will be responsible for picking up their camper on August 12, after the family dinner. If you can not pick up your camper, please make arrangements to have someone pick

up your camper, and inform your camper who will be picking them up. Also inform the camp director (Arlene Boileau) who that person will be.

The 4-H camp is well supervised, and is an educational outdoor adventure experience with responsible leadership in group living.

Cost of the camp is \$15.00 per child. The cost of the camp per child is really \$30.00 but the Johnson O'Malley committee has graciously donated \$15.00 in scholarship money for each camper. Parents have until September 30 to pay the \$15.00 at OSU Extension office.

Activities will include: an adventure in camp living in the great outdoors with trained and responsible leadership, hiking, swimming, crafts, nature study, memory-making campfire programs, and 4-H traditional observances.

Campers will be sleeping in two (2) man tents. And will eat well balanced and delicious meals.

The staff includes trained resource people, recreational leaders, crafts and waterfront directors, experienced cooks.

Insurance is included in the fee and covers health and accident for every camper. Health card is on registration form.

Facts about lice you should know

French soldiers, during World War I, dubbed body lice "cooties." The name stuck and has been used in nursery rhymes, poems and even the name for a once popular children's game. It is, however, the head louse (plural: lice) that causes so much consternation among teachers, parents and kids today.

It seems like every year we get a few calls (usually from elementary school teachers) asking about lice. Here are a few facts:

* There are three different lice that affect people - head lice, body lice and crab or pubic lice. All are blood-feeders. Bites cause intense itching, and in some, allergic reactions of the skin. Scratching can lead to secondary infections, as well, when bacteria are scratched into the skin. Lice can transmit some pretty nasty diseases, like typhus, but this is rare today in the industrialized countries.

* The head louse is most commonly found in the hair above ears and on the back of the scalp. It measures about 1/8 inch long. The socioeconomic group or income level of the family is not an important factor in determining incidence of head lice - anyone can get them. In general, small children are more susceptible than adults, girls are slightly more susceptible than boys, and whites are more susceptible than blacks. The chance of a head lice infestation goes up in schools where (principals please take note): locker and coat hooks are shared, not assigned. Head lice are spread by people to people contact and sharing of personal items like combs, hair brushes, etc. The most important sign of a lice infestation is the presence of "nits" (eggs) attached to hairs.

* Unlike the head louse, body lice spend much of their time on clothing, usually in areas where the cloth is in contact with the body. Eggs are laid on clothing as well. They generally occur in crowded, unsanitary conditions. Body lice are slightly smaller than head lice (about 1/7 inch long) but otherwise almost identical in appearance. Body lice are uncommon in most of the U.S. population.

* As the name suggests crab lice look superficially like tiny crabs with their enlarged second and third pairs of legs. It's other common name, the pubic louse, also is suggestive of where it lives - in the pubic area - but it can spread to the chest, armpits, and even eyebrows. As with other lice, people to people contact is the most common means of transmis-

sion. There is no evidence that lice are involved in the transmission of venereal diseases, including AIDS.

CONTROL OF LICE

Lice can not survive off their hosts (us) for long, so area treatments with insecticide are not useful. Control of head lice generally requires the use of over the counter shampoo preparations that contain insecticides. Lindane was once the insecticide of choice and was only available by prescription. Today, Lindane has been replaced by much safer materials that can be purchased without prescription. Be sure to follow instructions completely or else infested individuals should be machine washed, separately, in hot water and dried under high heat (if possible). It is common for family members of infested school children to become infested.

Body lice are generally only a problem (in this country, at least) among those who wear the same clothing more or less constantly, without washing them. Body lice are more common during winter months and among the poor and homeless. Body lice infestations can generally be stopped by bathing and cleaning of clothes.

Crab or pubic lice are generally treated with prescription or over the counter lotions. Medical attention is recommended for this condition - see a physician.

Salmon Luncheon Salad

- 6 medium potatoes boiled and peeled
 - 1/2 cup chopped green onions and tops
 - 1 tsp. dried sweet basil salt to taste
 - 1/2 tsp. freshly ground black pepper
 - 3/4 cup safflower oil
 - 1/4 cup wine vinegar
 - lettuce leaves
 - 3 ripe tomatoes, peeled and sectioned
 - 1 pint canned salmon drained and broken into large chunks
 - 6 hard cooked boiled eggs
 - green pepper rings
 - black olives
- Slice potatoes into a large bowl and add green onions, basil, salt, pepper, oil, and vinegar. Toss well. Arrange salad on a large serving platter or salad bowl lined with crisp lettuce leaves and garnish with tomatoes, salmon, eggs, green pepper and olives. Serves 6.

Proper storage of pesticide important

Safe handling of pesticides in the home landscape cannot be overemphasized. Home gardeners are urged to use extreme care in the decision to use garden chemicals, and in their application.

Every pesticide container label, by law, clearly lists the precautions for safe use, says Ray McNeilan, Oregon State University (OSU) Extension home gardening agent. Before buying a pesticide, read the label to be sure you understand and can follow the precautions.

Many pesticides used on garden vegetable crops have limitations on time intervals required between last application and harvest. Store all pesticides where children or pets can't get to them, McNeilan says. A sturdy locked cabinet in a tool shed separate from the house is ideal for storage. Keep pesticides locked up at all times when not in use.

Other precautions:
-When applying pesticides, wear clothing that covers arms and legs completely, and wear gloves.

-Wash your clothing and application equipment thoroughly after each pesticide use.

-Do not eat, drink or smoke while mixing or applying pesticides. Wash hands and face immediately after working with pesticides.

-Dispose of the pesticide container according to label instructions.

-Mix only the quantity of pesticide you need for a specific job. Protect labels so they won't become lost or illegible. Never use unlabeled pesticides.

-Avoid applying pesticides where they might contaminate wells, ponds, streams and other water sources.

-Apply pesticides on quiet days when the wind is at a minimum and blowing away from susceptible plants. Buy only as much pesticide as you need for a single season.

Keep medications out of reach of children

People make three common mistakes when storing their medicines, says Norma Simpson, Oregon State University Extension Agent in Warm Springs. These are: *Putting their medication on windowsills; *Keeping medication in the bathroom; *Putting medications in smaller unlabeled containers or mixing medicines together in one container when traveling.

How you store your medications is important. Improper storage can cause medicines to lose their strength, disintegrate, or even become dangerous over time because of chemical changes. The "bathroom medicine cabinet" is actually one of the worst places to store medicines because of the heat and moisture generated by the bath and shower.

As a general rule, light, humidity, and heat can cause medications to break down more rapidly. Medicines should not be stored on windowsills, in the bathroom in the glove compartment of the car, or near heat producing appliances or surfaces, such as the oven or the top of the television set, adds Vicki Schmall, OSU Extension gerontology specialist.

Here is what you can do to increase safety:

* Store medicine in a cool, dry, and dark place. Unless otherwise

specified, most medicines should be kept at temperatures between 50-68 degrees F. Do not store medicines in a refrigerator unless instructed to do so. Auxiliary labels tell you if refrigeration or other special storage is required.

* Keep medicines in their original, properly labeled containers. Medicines are dispensed in containers to protect them. For example, brown containers are used for light-sensitive medicines, and glass containers are used for medicines which can be absorbed by plastic.

Intact labels ensure you know which medicine is in which container and in an emergency, medical per-

sonnel can quickly identify your medicines.

* Keep medicine containers tightly closed. Caps on medicine containers are designed to protect against moisture.

* Store medicine out of the reach of children and pets. A major cause of accidental poisoning in young children is taking a parent's or grandparent's medicine.

The ultimate safety and effectiveness of all medication rests with the user, Schmall stresses. Having good information about your medicine and taking it as instructed is the best way to avoid problems and receive the greatest benefit.

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Children completing grades 3 through 7 invited to sign up
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\$15.00 Scholarships available for each camper