### SPILYAY TYMOO

### WARM SPRINGS, OREGON

### February 19, 1993 PAGE 7

# Understanding illnesses caused during food preparation

We've all been hearing about the sick or dead children who ate contaminated hamburger. The contamination refers to a bacteria called "Escherichia coli." Most often it is called "E. coli."

This bacteria used to be found a lot in drinking water, which is why we test water supplies on a regular basis, to be sure that the water is not contaminated.

We now know that there are four types of E. coli. One type causes infantile diarrhea; another causes traveler's disease associated with travel in foreign countries. Another type causes a dysentery-like illness with diarrhea, abdominal pain, vomiting and fever.

The fourth type E. Coli produces a severe illness characterized by bloody diarrhea caused by hemorrhaging of blood vessels in the large intestine and severe abdominal cramps. This may lead to other complications in children leading to acute kidney failure. To say the least, this is a very serious illness. Be sure to get the children to adequate medical care as quickly as possible.

E. Coli use to be considered less harmful though something we tried to eliminate. The major source of bacteria is from human excreta which contaminates water and food. That's the reason for signs in rest rooms requiring employees to wash their hands before returning to work. It is also one reason why the Warm Springs sanitarian has Food Handlers Workshops, to avoid the type of sickness of people on the reservation.

It's the same reason why families should train children to wash their hands after urinating or having a bowel movement.

Flushing the toilet is also important, Remember Brown is Down, flush right away. On the reservation you will find all kinds of handles on toilets. Some like in schools and the Education Center, you push with your foot. Others have a handle on the water tank. Others have a button in the wall that you push to flush.

Good sanitation in the food preparation is very important. Wash your hands before you begin. If you are sick or coughing, you should not be handling food for other people. Sick people can spread E. Coli and other illness when they handle food.

Cook meat until the red does not show. Heat will kill the bacteria, but the heat must get to the center of the hamburger patties for a long enough time to kill the bacteria. Be sure to wash kitchen tools used with raw meat before you touch cooked meat with them.

When you have finished with the meal, scrub counters and cutting boards with bleach and soapy water before you use them to prepare other foods.

If you have keen interest in understanding food-borne illness, we recently received a new publication called "Microorganisms & Food" from the North Central Regional Extension Publication Center. The 18-page booklet was written by Karen

P. Penner, a food scientist from Kansas State University Extension Service. I have distributed some copies to Warm Springs professionals. But if you have a special interest in the technical information, please call me at the OSU Extension office, 553-3238, and I'll send you a copy.



Information provided by: Warm Springs OSU **Extension Office** 1110 Wasco Street 553-3238

# The clover speaks: Land-Grant Universities

from Oregon State University?



Do you know what Oregon State University has to do with OSU Extension or what Extension does in your community? Did you it is a Land-Grant university? Are you aware of the "How-To-Materials" we have available for community members? Did you know that by reading "Total Cattle Management", or the "4-H Colt and Horse Training Manual" that you are benefitting from the latest research materials coming

Even though TV does not contain

Have you wondered how to plant a garden and wanted to know if there was someone you could ask questions of? We have a publication from Oregon State University entitled, "Planning a Home or Farm Vegetable Garden." We have access to specialists in Horticulture and Master Gardeners who have answers to your questions. If you need information that we do not have on hand we can use our contacts with OSU or other counties to get you the information you need.

Back to the original question of what a land-grant university is. OSU is a Land-Grant university. We have Abraham Lincoln to thank for signing the Morrill Act in 1862 which enabled the start of colleges and universities by giving them local land to build their facilities. When Abraham Lincoln signed the Morrill Act in 1862, it stemmed from his deep-seated concern for community members. He wanted them to have access to ever changing-technology

and information colleges and universities were producing at increasing levels. This is the reason why a community member needs to use the Extension office for questions that arise on any subject. For as a Tribal member or for any member living in this community we are here to teach you anything you would like to learn! Please keep in mind that we have the use of specialist from the university. Remember we have a great amount of publications on hand for your use. Please feel free to come by the Extension office located at the Education Center (old boys dorm) or call 553-3238

Bob Pawelek, OSU Extension Agent Livestock and Range; Norma Simpson, OSU Extension Agent Home Economics; Arlene Boileau, OSU Extension Agent 4-H Youth; Carol Stevens, OSU Extension Agent 4-H Youth; Crystal Winishut, Program Aid 4-H Youth,

We will be glad to answer any question you may have, hope to hear from you soon.

watched TV 24 hours per week. Children in the study, ages 6 to 11,

spent almost the same amount of time in front of the TV set as in

school.

## **Open Enrollment** Through February 26, 1993 Pick up enrollment packet at OSU Exten-

Rockin' 4-H

sion office, in the Education Center Monday through Friday, 8-5.

Next meeting will take place the first week in March

# Making healthy choices in fast food cooking

by Norma L. Simpson People in Warm Springs have hectic schedules. That tempts many to buy fast foods to prepare and serve at home. The Mayo Clinic has some suggestions what you'll like to keep

in mind. Don't pick products by their healthy-sounding names. Read nutritional labels.

· Figure a "low-fat" choice as one with no more than 10 grams of fat. · Choose for chicken or turkey

selections. They tend to be lower in fat than meals that emphasize beef.

· Pick pasta products because they usually have relatively less fat, EX-CEPT those that are stuffed with cheese.

· To limit sodium, choose meals that contain no more than 800 milligrams of sodium.

steamed carrots and whole-grain bread.

Chicken Enchiladas

Veal Marsala

Salisbury Steak

Chicken a l'Orange

Weight Watchers

**Baked Cheese Ravioli** 

Chicken Polynesian

Southern Baked Chicken

Le Menu Healthy (Light Style)

Stouffer's Lean Cuisine Entrees

The following chart contains some popular frozen meals you may find your local grocery store. Listed are the lowest and highest selections

of each product line. Notice that almost all products provide fewer than 10 grams of fat, less than 30 percent of calories from fat, less than a third of your daily limit of cholesterol, and no more than 800 grams of sodium.

35

75

35

26

12

29

13

30

5

37

Product	Calories	Fat (gm)	% calories from fat	Cholesterol (mg)	Sodium (mg)
Banquet Healthy Balance Chicken Enchilada	300	4	12	15	630
Chicken Mesquite	310	9	26	45	800
Budget Gourmet Light and Healthy Orange Glazed Chicken	290	3	9	25	800
Ham and Asparagus Au Gratin	300	14	42	50	860
Healthy Choice Mesquite Chicken	340	1 1	. 3	45	290

310

230

280

280

240

190

170

much of any company or product

3

9

4

8

1

7

calories it is fattening, especially for children. The more time children spend watching TV, the more snacks they

will eat, and more of those snacks are likely to be foods advertised on TV. Foods advertised heavily on

Children's television programs are calorically dense foods such as sugared cereals, candy bars, cakes, cookies, and soda pop. Unless they do a lot of running, jumping, swimming, walking or are otherwise very active physically, children won't use the calories contained in such foods.

#### children's TV programs are rarely obese themselves. As a result, children may not associate eating the prominently advertised, high calorie foods with overweight. A study conducted on 13,000 chil-

To complicate matters, stars of

The more children watch TV the more they will eat

dren found that obesity increased 1 to 3 percent for each hour of TV watched each day. This was true even though the obese and non-obese children spent the same number of hours in other activities with friends.

Many children spend a great deal of time watching television. A recent survey of children found that they

# Roast chicken or oven-fried, yum! yum!

Roasted chicken and vegetables

1 (3 1/2 lb) broiler-fryer, skinned 1 medium cooking apple, cut into

1 tsp. ground ginger

peeled and cut into thirds

1/2 tsp. pepper

1/2 tsp. ground cinnamon

vedges 1/2 cup water

2 Tbsp. lemon juice 2 Tbsp. chopped fresh parsley

1 tsp. chicken-flavored bouillon

2 medium-sized sweet potatoes,

Remove giblets and neck from

3 medium onions, quartered

1 Tbsp. prepared mustard

Combine water, lemon juice, parsley, mustard, bouillon granules, ginger, cinnamon, and pepper; brush over entire surface of chicken. Arrange sweet potatoes and onions around chicken. Cover and bake at 350° for 1 1/2 hours or until drumsticks move up and down easily and

If you are concerned about your child's weight, pay attention to the foods he or she requests or buys, the amount of physical activity the child gets, and the kinds of snacks the

child eats. Since many behaviors related to obesity are also related to the amount of time spent watching TV. it may be easier to monitor the child's TV viewing time than concentrating on counting calories.

1 (3 1/2-pound) broiler-fryer, cut up and skinned

Vegetable cooking spray Green onion fans (optional) Carrot flowers (optional)

Combine egg and water in a shallow bowl; mix well, and set aside.

Combine crushed cereal, baking mix, minced onion, garlic powder,

seasoned salt, and pepper in a shal-

low bowl; stir until well blended,

 Most frozen entrees and dinners have virtually no fiber because the portion of vegetables is very small. · Frozen dinners and entrees typi-

cally fall short on vitamins A and C fiber.

· Calories, too, can sometimes be too few to sustain even a modest appetite. That means you may be tempted to snack later.

You can increase the nutrient makeup of the meal by adding broiled tomatoes with garlic and a bit of Parmesan cheese, a crusty wholegrain roll and orange slices.

· Or add a spinach salad with lemon and low-calorie dressing, with

### when and is not an emdor Stockman's Roundup



By Bob Pawelek **OSU Extension Agent** Livestock and Range

#### The hard way

You arrive at the weekly cattle sale a little late, expecting the snowy weather to keep most folks at home. Upon arrival however, you know for sure you won't find a seat. Heck, you barely fit your rig in that icy space out in the parking lot. But now you've parked so close to the next truck, you have to suck in enough oxygen to fill a hot air balloon just to squeeze yourself out the door.

One more yank and I'm free, you think to yourself. You're still stuck between the door and the cab since you didn't inhale. Your toes are getting numb and you're becoming lightheaded. Clinton didn't inhale and now he's warm and comfortable in the White House and Chelsea's going to private s ool.

At this point, you are in no danger of going into hysterics or a fullblown panic, since you're about ready to pass out.

All strength is mustered for one final shift of your weight toward freedom. One, two, three hard jerks and you're free at last, but the recoil of your body as it slams into the next truck launches your hat across the parking lot, coming to rest underneath a stock trailer.

What is your next move? a) Check your pocket for your

keys b) Attempt to retrieve your hat. c) Look around to see if anyone's

laughing. d) Realize keys are locked in the truck. e) Cry.

Seminar to stress Herd Improvement thru selection

Trends in the meat industry require today's stockman to produce cattle that essentially "fit into a box". More complete processing and fabrication at the packer level involves the breaking of carcasses into wholesale cuts and removing excess fat and most of the bone.

So what? What does the packer have to do with the way I run my cow herd? And what's this business about a cow having to fit in a box?

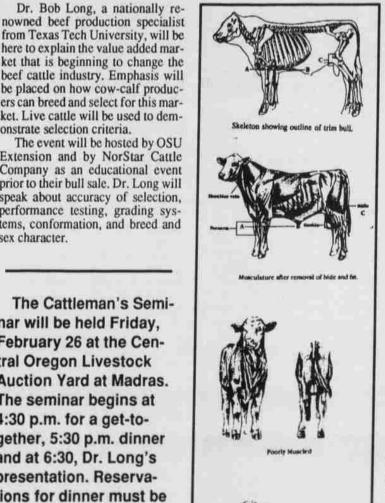
The answers: Trimmed cuts of meat are placed in vacuum-packed plastic or similar materials and boxed for easier handling, shipping and storage. These changes mean more demand for and more profit from trim, heavily muscled cattle.

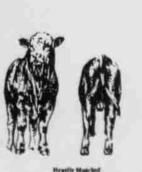
Breeding and selecting cattle for today's market is becoming increasingly important. The stockman who keeps up to date with marketing trends will still be in business long after the smoke clears.

Never ask a barber if he thinks you need a haircut.

here to explain the value added market that is beginning to change the beef cattle industry. Emphasis will be placed on how cow-calf producers can breed and select for this market. Live cattle will be used to demonstrate selection criteria. The event will be hosted by OSU Extension and by NorStar Cattle Company as an educational event prior to their bull sale. Dr. Long will speak about accuracy of selection, performance testing, grading systems, conformation, and breed and sex character.

The Cattleman's Seminar will be held Friday, February 26 at the Central Oregon Livestock Auction Yard at Madras. The seminar begins at 4:30 p.m. for a get-together, 5:30 p.m. dinner and at 6:30, Dr. Long's presentation. Reservations for dinner must be made before Monday, February 22 by calling 475-3808.





juices run clear. Discard apple wedges.

Remove chicken and vegetables to a serving platter; serve immediately

Crispy oven-fried chicken 1 egg, lightly beaten

1 Tbsp. water

1 cup crispy rice cereal, crushed 1/4 cup buttermilk baking mix

1/4 tsp. garlic powder 1/4 tsp. seasoned salt

1/4 tsp. pepper

1 Tbsp. instant minced onion

Health forms and enrollment sheets due

### To the 4-H Leaders,

It is that time of the year again to get things together. Please bring in the new health forms and enrollment sheets so that we can get the information into the 1-2-3-4-H computer program. Both forms need to be filled out and completed. This is important that we get all the information correctly. This helps to know how many club members there are and how many years that each member has been in the 4-H club.

If you have any questions that you would like answered, please feel free to come in or stop by and see the OSU Extension staff.

### Funny things I learned this week: Toenail clippings and research

by Norma L. Simpson

If you have someone in the family who saves everything, look out!! The next thing you see saved, may be "toenail" clippings. That's because some researchers at Oregon State University have found that toenail clippings can be used to measure the amount of selenium in the body.

Selenium is one of the trace minerals related to the immune system. It works hand-in-hand with Vitamin E. If you don't have enough selenium, the cells and membranes of the body are not protected from damage. Researchers overseas there have been forms of heart disease in children and pains in skeletal muscles that have been eliminated by treatment with selenium supplements.

If you have too much selenium, it is toxic or poisonous causing a person to have a strong garlic breath even when they have not eaten garlic.

**OSU Agricultural Chemist Philip** Whanger said they got the ideas of testing the toenails of humans because that is one of the tests done on rats. But to see if the same test was useful for humans, they had to compare the results to other tests done with blood samples, hair and fingernails.

Whanger and the senior research assistant Judy Butler tried the method with people in China where blood sampling is considered to be an unnatural practice. They compared the blood samples that they received with hair and nails from the same people.

Some people think low levels of selenium may be linked to certain diseases related to environmental conditions, like the sun's rays.

According to Judy Butler, analyzing fingernail clippings or hair trimmings for selenium content is not feasible in the United States because dandruff shampoos can contain selenium and fingernail polish remover can strip off part of the top layer of nails. But "toenails" often Au natural" are more suitable.

Current studies "involve pregnant women and comparisons between selenium levels in vegetarians and non-vegetarians. Butler said, "We're not looking at nutritional extremes related to toxicity or deficiency, but whether stress and diet have more subtle effects on selenium levels in the body.

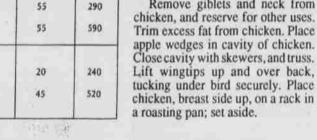
"If so, toenail analysis for selenium content could become and effective diagnostic tool" said Butler. As an added benefit, toenail samples do not have special storage requirements, and non-medical staff could collect them."

So all you collectors, LOOK OUT, Remember no toenail polish please.

if desired.

and set aside. Trim excess fat from chicken; dip chicken in egg mixture, and dredge in cereal mixture, coating well. Arrange chicken in a 15 x 10 x 1 inch jellyroll pan coated with cooking spray. Bake, uncovered, at 350° for 1

hour or until tender. Transfer to a serving platter, and garnish with green onion fans and carrot flowers,



480

700

400

granules