

# New program coming to Jefferson County in May

## Registration Form

Please register me for Raising Responsible Teens: Building Community Coalitions, May 11, 1993.

Registration deadline is May 10, 1993

Name \_\_\_\_\_

Organization \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

County \_\_\_\_\_

Daytime phone \_\_\_\_\_

Evening phone \_\_\_\_\_

Title \_\_\_\_\_

I will attend the program on May 11.

I am interested in upcoming programs.

Please send this form to: Carol Stevens  
P.O. Box 430  
Warm Springs, Oregon  
97761

-or-

Drop it by OSU Extension Office, 1st floor of the Education Center

I would like to share a new program with you called "Raising Responsible Teens" it will be coming to Jefferson County in Early May.

"Raising Responsible Teens" is an educational program designed to teach parents and those who work with youth about child development. It will also teach parents how they can help their children cope with the pressures that our modern society places on them.

In 1993, Raising Responsible Teens will focus upon teenage alcohol use and abuse.

Three broadcasts are planned; the first, May 11 - Building Community Coalitions, is designed for professionals who serve youth such as teachers, health care providers, school counselors, clergy, and youth group leaders.

This program will provide professionals with a review of current research regarding alcohol use as a gateway to other high risk youth behavior; current data and statistics with regard to alcohol use; and increase parental awareness of community collaborative efforts to educate

families and youth about alcohol issues.

The second and third broadcasts in October, are designed for parents with 10-14 year olds and youth as audiences. These programs will provide an opportunity for them to meet with one another, discuss the issues, and also learn about available resources within the community.

This will be a live satellite conference from the University of Wisconsin Extension Service. It is designed from the start to be interactive. There will be a live broadcast, on-site teaching and activities, and opportunities for local sites to call in their specific questions during the broadcast or after the broadcast.

We would like you to be a guest resource and hope you will take this opportunity to be a part of this worthy project.

Please respond by May 10, 1993 if you will be able to attend "Building Community Coalitions" on May 11, 1993 at 12:00 to 1:30 p.m.

We will tape this broadcast for your convenience so you may view it at a later time or date.



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

## The clover speaks



All youth who would like to join the Rainbow Dancers for 1993 need to come in and fill out the Official 4-

H Registration form.

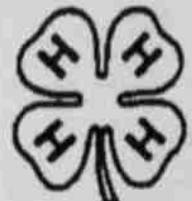
The first meeting will be Tuesday, June 15, 1993 from 3:00-4:45 p.m. at the 4-H Center located at the Education Center. This 4-H activity is for boys and girls from age 1 to 75 years of age. We are lucky to have Caroline Tohet be our Cultural instructor this year. We look forward to a great summer meeting our neighbors and learning more about ourselves. Children under the age of 8 must be accompanied by an adult.

Well the warm weather is here and more activities for outdoors is going on. The 4-H van will be going out more. When you check out the van for a day or weekend, please feel free to come in and sign it out. Make sure the van is available for those days.

It is very important when checking the van out you make sure all passengers are in seat belts. Infants and young children are required by law to be in a car seat. This is tribal policy we all have to go by and it is State Law all passengers wear their seat belts. For your safety please have all the passengers wear seat belts.

If you have any questions call 553-3238. Crystal, Carol and Arlene will be glad to answer the questions for you.

Enjoy your day with safety.



## Labels should require directions for storage

Labels on most perishable food products do not include adequate directions for safe storage and use, according to a new study by food safety researchers at Oregon State University (OSU).

There are federal requirements for listing ingredients and nutritional value of many foods, the researchers noted, but none for the safe storage and use of perishable foods.

One solution, the researchers say, is to develop an easily recognizable symbol identifying food that requires refrigeration.

Results of the OSU study were printed in the February issue of the journal, "Food Technology".

"Such information has been considered unnecessary," said Margy Woodburn, professor and head of OSU's Department of Nutrition and Food Management. "However, it should not be assumed that all consumers are knowledgeable about safe food preparation practices."

A previous study by Woodburn and a colleague in 1985 found that 98 percent of polled Oregonians reported at least one unsafe food-handling practice. More recent studies suggest that consumer knowledge about causes of foodborne illness, safe food preparation, and handling techniques is lacking.

Woodburn said most foodborne illness outbreaks in the U.S. are the result of improper temperature control, so directions for the safe care of leftovers or unused portions of food are vital. However, the OSU study found that recommendations for storage and handling on products varied greatly.

"Most frozen foods had no directions whatsoever for the unused prepared portion," Woodburn said.

"The most frequent recommendation for refrigerated foods was simply, 'keep refrigerated'. Few canned foods included any recommendations for care of contents after the container is opened."

Labels on packaged in-store deli products, in general, had no directions for product handling by the consumer, Woodburn added.

"These included individually packaged sandwiches and entrees as well as accompaniment salads, all of which were highly perishable," she said.

The OSU study included a survey of labels on packaged local, regional and national food products available in Pacific Northwest retail grocery stores in the fall of 1992. Foods included in the study were refrigerated, frozen, canned or dried, and all were considered perishable before or after the container was opened.

One of the first things the researchers noticed, Woodburn said, is that there was little distinction between recommendations based on safety and food quality. The discrepancy could lead to consumer confusion, she pointed out.

"The generic advice of 'serve at room temperature' on several brands which require refrigeration may lead to temperature abuse," Woodburn said.

Requiring more specific instructions on the labels is necessary, yet simple, she said. One example was a brand of spread that offered simple but effective advice: "Keep refrigerated. Allow to warm for 10 minutes at room temperature before serving."

"That's really all the effort it would take, in many cases," she said.

The OSU researchers said this is an opportune time to address the lack of safety concerns in labeling. New nutrition labeling regulations will require a redesign of most product labels anyway, so "the food industry could take on additional step and put handling and safety information on all perishable foods," said Carolyn Raab, co-author of the OSU study.

"This should include those foods which become perishable after the package or container is opened as well as those used as an ingredient in recipes printed on the package," said Raab, an associate professor in nutrition and food management and a nutrition and food safety specialist with the OSU Extension Service.

Other care and safety needs that should be addressed, the researchers say, include:

- More specific information on the meaning of dates found on most packages. The clearest interpretations are those which use "Recommended use by...." or "Best if used by...." dates;

- Standardized warnings to prevent "cross-contamination" between raw poultry, meats, fish and ready-to-eat foods. The emergence of a deadly strain of E.coli bacteria on undercooked hamburger recently illustrates the seriousness of foodborne illness;

- Clarification of "end-point" temperatures, which are helpful on some products—such as fresh meats or poultry—but confusing on others;

- Care information on dried foods and canned foods that become perishable after they are fixed or which are used in recipes on packages that may introduce additional foods which are perishable.

## Macrame chair class to begin May 12

Have you ever wanted to learn how to make Macrame Chairs? Well here's your chance. OSU Extension Services is lucky to have Liz Blann, 4-H Program Aid, at our service. She will be teaching Macrame Chairs 1 on Wednesday, May 12, 1993 6:00-8:00 p.m. at the 4-H Center. To the first 5 people to register for the class will also receive a free chair frame to Macrame. You may call 553-3238 and ask for Carol Stevens to register or for more information. Class is limited to 10 people, see you there.



## Do your clothes seem to lose color?

In the old days when we used to always hang clothes out to dry on the line, we would notice that color faded in the bright sunlight. Some mothers taught us to turn clothes inside out so that the fading would not be objectionable. But now when many use clothes dryers, you probably wonder "where did the color go?"

Well, we may be causing the color loss by the substances we use at home. The color loss can occur immediately, or be delayed until exposed to air or heat, or occur during the cleaning process.

When color loss occurs during the cleaning process, consumers may incorrectly blame the dry cleaner for the damage.

Some of the substances and conditions that cause color loss include oxidizing agents (such as permanent wave solutions, home bleaches, disinfectants, and acne preparations.) Acids, alkaline solutions and alcohol

can also cause color loss.

Alcohol is particularly a problem because it is in many consumer products such as perfumes, hair sprays, skin fresheners, after shave lotions, beverages and medicines. Some sick people seem to lose a lot of color under the arms as the medicine comes out of the body in the form of perspiration or sweat.

If alcoholic beverages are left in clothes or table cloths or furniture coverings, the color may change almost overnight. Wipe the spots with cold water to dilute the alcohol, then hang the items where they can dry as quickly as possible. If you roll up a table cloth into a ball and throw it in the clothes hamper, the alcohol will not evaporate, and it can do more damage.

Fabrics made of rayon, acetate and silk may contain dyes that are soluble in alcohol resulting in color loss.

## New measurements for elder ladies

The American Association of Textiles Manufacturers is making a new table of body measurements for women over age 55. The body dimensions used to develop patterns and ready-made garments are based on data collected by the Extension Services throughout the USA.

Current measurement tables for misses and women's sizes do not take into account the changes that occur as women age.

The study shows that  
\*The shoulder ball joints roll forward resulting in garments that are too loose in the upper chest and too tight in the upper back.

\*The head and neck are also carried more forward in relation to the trunk of the body.

\*The abdomen tends to rise and protrude. The waistline thickens and rises.

\*The derriere or backside tends to flatten.

\*Women can lose two to three inches in height.

Women are relieved to find that they are not alone when they find that clothes seldom fit properly. They are looking forward to having clothes designed especially for the mature woman. Maybe you remember how

hard it was to make dresses for your grandmother, because her stomach seemed to stick out more than it use to. And no waistline separated from the hips. While we complain about baggy fronts, it's nice to know the backside is getting flatter.

The study was supported by a number of clothing manufacturers, home sewing pattern companies, and mail order catalog companies. They are looking forward to reaching more customers with improved fitting garments.

The new information will also be useful for people who sew at home. It might even suggest some changes to wing dresses for older women. Some wing dresses look like they are choking the women. If their heads and neck are carried more forward in relation to the trunk of the body, maybe the location of the neck opening should be different than we presently use. What do you think?

Thanks to all the women and Extension home economics agents throughout the country who measured them so that the new table could be established. We will probably see changes soon in the mail order catalogs specifically aimed at the more mature woman.

## Stockman's Roundup



By Bob Pawelek  
OSU Extension Agent  
Livestock and Range

This is the third of a three-part series on the encroachment of our rights as ranchers by those who may be going a bit too far...

It is difficult for livestock producers to take a stand and fight back, probably because of the lack of an "extreme" position among producers on the animal care issue. After all, we've always considered ourselves the leaders in good animal care. It's offensive to hear some activist misrepresent so blatantly our animal husbandry practices.

So, what can we do about all this? First, we must be careful not to, by our own words and actions, reinforce the argument of the animal rights' leaders. That's what they want and will just make things worse. Yet we cannot remain silent. We have to look at ways we can become more pro-active on this issue, without confronting animal rights' activists directly.

All research so far indicates that the American rancher has, over the years, built up a great deal of credibility with the American consumer. Most still do not buy the argument

that a majority of livestock producers treat their animals.

But consumers would like a little reassurance. That reassurance has to come from the ground up - from us, as producers. First, we have the credibility. Secondly, we have the help.

The beef and pork industries, along with organizations such as the National Cattlemen's Association and the National Pork Producers, retailers such as McDonald's restaurants and others have put together a "myth buster" movement of their own, which is designed to counter some of the unfounded statements and misinformation contained in books and materials put out by people like Ingrid Newkirk and Jeremy Rifkin.

What can we do as individual producers? First, examine your own attitudes and your own facilities at home. Make sure you and your neighbors are treating livestock with proper care. If you're not, make some pro-active changes. You will be doing yourself and your industry a favor.

Let's not help the activists by confronting them if they picket a rodeo or other event you might be attending, a tip, if you do happen to be personally attacked by an animal rights' activist: keep cool and calm, but hold your ground. Simply reply, "Show me research data."

To become more pro-actively involved as a prudent and responsible livestock producer, become a member of the Oregon Cattlemen's Association. Talk with Lynn and Polly. They are fully briefed on the issues and will welcome your questions and input.

We are all in this together. With patience and careful planning, we can neutralize this issue while reinforcing the long-standing credibility of livestock producers with our customers, the American Consumer.

## Crossbreeding improves herd performance

A great deal has been learned in recent years about the benefits of crossbreeding programs for beef herds. Research has shown that crossbreeding increases the number of calves born, reduces losses, and increases weaning weight.

Crossbreeding is also the only place you can get something for nothing. It allows the commercial stockman to combine the desirable traits of two or more breeds to give better overall end product.

Table 1 shows research done on 80 pairs of cattle in Texas in 1985. Straightbred weights were compared to crossbred weights. In this experiment, F1 cows, that is, cows that were 1/2 Charolais and 1/2 Brahman

Table 1 TEXAS A&M UNIVERSITY  
McGregor Experiment Station 1985

Crossbred Calf Weaning Weights	
Sire x Dam	180-day wt calf
Charolais x Charolais	475
Charolais x Charbray	500
Hereford x Hereford	445
Hereford x Brayford	470

and cows that were 1/2 Hereford and 1/2 Brahman were bred to Charolais and Hereford bulls, respectively. Offspring from the crossbred pairs showed a 20 percent increase in weaning weights that those from the straightbred pairs.

Now, 20 percent may not sound like a whole lot, but when was the last time you left that much of a tip at Deschutes Crossing? Personally, I'd much rather take a load of calves to the market that were a little heavier just because I took advantage of a simple system like crossbreeding.

Notice the crosses are on the dam's side. This makes a difference. Crossbred cows, on the average, are 25 percent more productive than straightbred cows. However, crossbred bulls are not as desirable. It's always better to have the cross on the dam's side.

The same results can be had when crossing British and Exotic breeds. Research has shown that crossing British breeds with Exotics will produce heavier calves, in addition to replacement females that:

- are better mothers
- reach puberty sooner
- give more milk
- conceive at first estrus
- carry calf to term more often
- reduce postpartum intervals
- reduce calf death losses from birth to weaning
- have a faster calf growth weight, and
- produce more calves in a lifetime.

Crossbreeding can produce all these results when combined with good management and nutrition. The challenge is to breed cattle with good genetic merit and utility in the first place.

A subtle joke about a man's character can ruin a good reputation faster than an obvious lie.