

Latest news on research of E. Coli disease

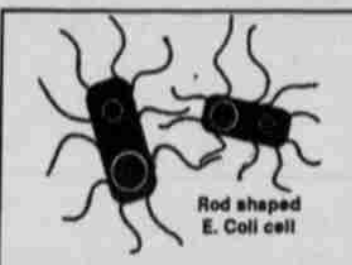
by Norma Simpson

We still need to be concerned about the diseases caused by a simple bacteria called *Escherichia Coli*. Before we did not worry about it, because *E. Coli* only caused a mild upset stomach and diarrhea.

But since 1982 we have been worrying because more than 22 people have died from it during 16 major outbreaks in the United States. Experts at the Center for Disease Control (CDC) estimate that some 20,000 cases of *E. Coli* 0157 have made people sick each year.

A report from the 1993 summer supplement of Food News for Consumers provides us lots of new information to help us to be more aware of the wide spread nature and what we need to do about it.

E. Coli is often called just 0157. It's a rare but dangerous type of bacteria that lives in man and mammals. Sometimes cattle have it. 0157 can be transferred from animals to animals, from animals to man and person to person through close contact or food.



Rod shaped
E. Coli cell

The Illness

It appears that just a few of the 0157 bacteria can make you sick. After an incubation period of 4-9 days, the disease lasts for 4 to 10 days. Patients may suffer bloody diarrhea, cramps and low-grade fevers.

Children and the elderly and ill people may develop complications such as kidney failure, brain damage, strokes and seizures.

The infections in the body leave behind a toxin (or poison) in the victim which cause kidney failure and stroke. USDA have found three types of toxin which are like another foodborne illness called shigellosis. These three toxins have been named SLT I, SLT II and SLT III because they are "Shiga-Like-Toxins." The researchers are trying to find which strains of toxins are causing hemorrhagic problems, or causing blood in the stool.

Finding the bad germs or bacteria is complex. And finding a vaccine to destroy the bacteria in animals has just begun. Secretary Mike Espy of the US Department of Agriculture asked a researcher in Georgia to isolate protein from 0157. This protein triggers the body to fight the disease. But it is a slow process to develop a vaccine.

Protect Yourself

E. Coli 0157 can survive in refrigerators and in freezers. It can multiply slowly even at 44° which is just about the normal temperatures

in refrigerators. We suggest that refrigerators be set for 40° F.

Generally if you cook meat, poultry and fish to 160° F—until all pink is gone—you can avoid problems with 0157.

Return any undercooked food at a restaurant for further cooking.

Don't drink raw milk. Use only safe, treated water.

Wash all fruits and vegetables before eating.

While most fresh cider on the market today is probably safe, you may want to use extra precautions if your family includes very young children, and elderly or people with immune system problems or others at-risk.

Heat fresh cider to 160° F or at a slow simmer where steam is starting to rise from the pot. Heat before serving or refrigerating.

Hard Cider from a roadside stand could constitute a slight risk to people who are at risk such as elderly, with

immune system problems or other high risk conditions.

Buy pasteurized cider, if you are not able to heat to 160° F.

Speed for Identifying *E. Coli* diseases

At the present time there are not tests for immediately identifying the bacteria on-site. An FDA microbiologist, named Peter Feng, has developed method of DNA identification. But the testing equipment still is not sensitive to get quick results. Low numbers of 0157 make people very sick. That's because the dangerous bacteria are mixed in with millions of harmless bacteria and with oils and fats.

To identify 0157, the mixture must be "enriched" for hours and days. Even then, the time to identify the dangerous bacteria has been cut from 72 hours to 36 hours. Until the technology is sensitive enough, the enrichment process will continue to slow down the rate of identification.



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

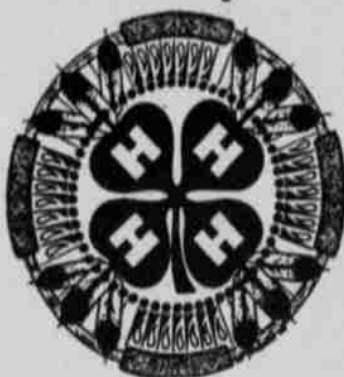
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The above individuals are devoted to extending research-based information from Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.

EDUCATION THAT WORKS FOR YOU

Clover speaks



Welcome to a new 4-H year!

This year is going to be a terrific year. There are many fun and challenging projects so please check the list below and come to the first and second meeting to sign up with the leader. You will find the meeting time, place and date listed below.

Leaders have enrollment forms for you to fill out or you may stop by the 4-H office located at the education center 1110 Wasco street and pick them up.

The clubs will fill on a first come first serve enrollment basis. This year we have two clubs that are advanced clubs. They will be open to last year members only.

The 4-H Center is located down-

stairs in the education center (old boys dorm).

Girl's Basketball: Coach and assistant coach, Foster Kalama and Gene Sampson; open to ages 10 & under and 10 & over, there are two age groups. Meet Thursdays at the Warm Springs Elementary Gym and Friday at the Madras Elementary Gym from 6:00 - 8:00 p.m. started October 14.

Boy's Basketball: Coach is Melvin Tewee. Open to ages 12 and under. Meet on Mondays from 5:00 to 7:00 p.m. at the Warm Springs Elementary Gym. First meeting was October 4.

Search & Rescue: Leader is Keith Baker. Ages 10 and up are welcome to apply for this club. Not all who apply will be able to join. Meetings are on Mondays from 6:30-8:30 p.m. at the 4-H Center. Started October 11.

Culture Club: Leaders are Orithelia Miller & Tedi Tanewasha. Ages 10 and up are welcome to attend meetings on Tuesdays from 5:00-6:00 p.m. at the 4-H Center. First meeting was held October 12.

Expressive Arts Club: Leader is Art McConville. Ages 8 and up are welcome to attend meetings held on Wednesdays from 3:00-5:00 p.m. at the 4-H Center. Members will work on mural project. First meeting held October 13.

Braiding and Hairstyling: Leader is Angie Frutos. Braiding and Hairstyling is for ages 9 and up. They meet on Tuesdays from 4:00-5:00 p.m. at the Education Center. First meeting is November 2. This is a short term club and will meet only through November so be sure to come to the first meeting.

4-H Drill Team Club: Leader is Connie Johnson. Children in grades 4-6 are welcome to attend on

Wednesdays from 3:30-5:00 p.m. at the Community Center downstairs. Have fun learning march routines to music. First meeting was October 13.

4-H Dog Care & Training Club: Leaders are Spud, Elina and Tama Langnese. Ages 8-10 are welcome to attend meetings held on Wednes-

days from 6:30-7:30 p.m. at the 4-H Center. Please keep your pets at home for the first meeting (held October 13). Parents are encouraged to come too.

Rockin' 4-H Livestock Club: Leader is Bob Pawelek and a community member. Ages 10 and up are welcome to attend meetings on Mondays from 5:30-6:30 p.m. at the Education center first floor training room. First meeting held October 18.

Cloverbuds Beginning Beadwork: Leader is Annie Kalama. For ages 6-8 to meet on Thursdays from 6:30-7:30 p.m. at the 4-H Center. Parents need to bring pony beads (3 different colors) imitation sinew and barrel clasps. Please bring a container to store beads and other supplies in. First meeting held October 21.

Advanced 4-H Clubs in Warm Springs
Advanced Beadworking: Leader will be Myra Shawaway. Meetings will be held Mondays from 4:00-

6:00 p.m. at the 4-H Center. This club is for second year members only. First meeting was October 18.

Advanced Cooking: Leader is Liz Blann. Meetings will be held on Mondays from 3:30-5:00 p.m. at the 4-H kitchen. This club is for second year members only. First meeting held October 12.

Clubs taking members
Beginning drumming: Leaders will be Gene Sampson, Toni, Esti, & Orie Made. The day and time are to be determined as will the first meeting. You can come to the 4-H office and sign up for this club now. We will notify members when the first meeting will take place.

Parents are encouraged to come and learn or come & help with any 4-H activity.

We are always looking for new leaders and members. Many children would like to join 4-H clubs but, we just need to have a parent volunteer to lead a project. Give us a call at 553-3238/3239 or stop by the 4-H office located in the Education Center. First year cooking and beading clubs are needed. Thank you for your support of the Warm Springs youth.

4-Hers have fun learning!

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Master gardener program offered

The Oregon State University Extension Service in Deschutes County is now taking sign-ups for its Master Gardener Volunteer Program for the twelfth consecutive year. Master Gardener Trainees receive 54 hours of intensive training in exchange for the same number of hours as a volunteer sharing what they have learned with the public.

Master Gardeners find a high degree of satisfaction in the program. Many volunteers say they learn more by sharing information with others than in the training (classroom) portion of the program. Instead, they finish the training program with a good feed for the resources available to them through Oregon State University, a vast knowledge base that includes an herbarium, plant pathologist, an insect identification specialist and many extension agents at their disposal.

In addition to answering questions from the public, Master Gardeners have a choice of many activities to fit their personal preferences. Group projects include a community gardening project and plant clinics. Individual projects include writing articles for the Master Gardener newsletter of local papers, helping neighbors with their gardening questions, growing tomato plants for fund raising, and many more.

The Master Gardener Program will begin in February with the beginning of the training at the Howard Mayfield Building on the Deschutes County Fairgrounds in Redmond. The training will be held each Tuesday beginning February 1 and ending March 29. Interviews will be held with Master Gardener applicants in January. The cost of the course is \$35 for materials. The instruction is free with the volunteer commitment of 54 hours.

Sign up now

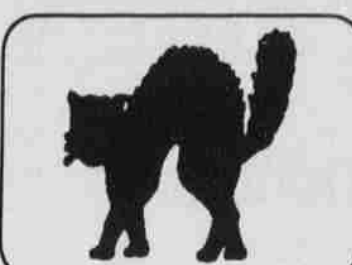
Master Gardener applications are available now but interested persons can call the Extension office in Redmond (548-6088) or the Extension office here in Warm Springs (553-3238) to get on the mailing list to receive information on the program.

Change your clock, change your battery

The witching hour is about to be here. That means the time to put a new one battery in the fire alarm...when the hands of the clock fall back to standard time. Be prepared, and teach the kids that this battery is very important...never be used for toys or games.

Your families home and health may depend what you teach to everyone in the house.

Beware of candy coated offers and evil spirits



This Halloween, remember that if you're not careful, some pretty scary things can happen with consumer credit. The best way to avoid trouble is to stay informed and take action.

Candy-coated offers

Some credit cards are offering lower minimum monthly payments. But watch out, there may be a trick with this treat. The smaller your monthly payment, the longer it takes to pay off the debt and the more interest you pay in the long run. By paying a few dollars less each month and making a lower minimum monthly payment, you can have a devil of a time paying off your bill. Your best bet is to pay off your credit card debt as soon as you can.

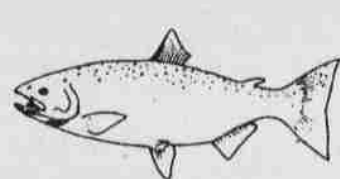
There are other "tricks" out there too. Be careful about "skip-a-month" payment offers. Remember, you still pay interest on your outstanding debt, and your total interest costs rise. Credit cards have credit limits. Know yours. Going over the limit can be

expensive. Many cards have over-the-limit fees of as much as \$15.00. Don't be tricked by approval to go over your limit when you make a particular purchase. You may be charged a special fee for doing so. It is up to you to be aware of how much available credit you have.

Beware of Evil Spirits

Be on the lookout for credit card fraud. When you use your card, watch the transaction carefully and make sure the clerk returns your card, receipts and carbons. Be prepared for credit card theft as well. Keep a list of your credit card numbers in a secure place. The list should include the name and phone number of each card issuer. Report lost or stolen cards immediately. If you report the loss before a thief uses the card, you cannot be held liable for any purchases made with the card. If a thief uses a card before you report it missing, the most you will owe on each card is fifty dollars.

Salmon recipe offered



Northwestern Salmon Corn Squares

1 package corn muffin mix
1 can (12 ounce) corn, drained
1 can (3 ounce) sliced mushrooms
1 pint canned salmon
1 small onion, chopped
1/2 green pepper, chopped
2 Tbsp. oil
2 Tbsp. flour
salt to taste

1 tsp. prepared mustard
dash tabasco

Prepare corn muffin mix. Fold in corn. Spoon into a greased 8 inch square baking pan. According to package directions. Drain liquid from mushrooms and salmon into a 2 cup measure and add milk to make a total of 1 1/2 cups liquid. Set aside. Sauté onion and green pepper in butter until onion is soft. Stir in flour and salt and cook, stirring, until mixture is bubbling. Gradually stir in milk mixture and cook, stirring until sauce thickens and boils for 1 minute. Stir in mustard and tabasco. Flake and stir in salmon. Cut corn bread into squares, then split each and spoon salmon mixture between and on top, shortcake style.



Plant and Soil notes: Fall lawn fertilizing

A fall application of fertilizer gives the home lawn an October boost that will help the turf flourish next spring. Your efforts now will be rewarded by vigorous, green growth when the weather turns warm again.

OSU Extension home gardening agent Ray McNeilan recommends use of a complete, low analysis fertilizer such as 3-1-2 (these numbers refer to the concentrations of nitrogen, phosphorous and potassium in the fertilizer). The small amount of nitrogen in the fertilizer will keep the lawn green without promoting excessive growth during the winter months.

Apply 100 pounds of 3-1-2 fertilizer per 1,000 square feet. If other fertilizer mixtures are used apply about one pound of actual nitrogen per 1,000 square feet.

Also, the fall is a good time to

control weeds that have become established in the lawn over the summer. Several chemical products are available that will kill lawn weeds or you may want to use weed and feed fertilizers. To insure the safety of

your family and pets please follow directions carefully when using these or any other pesticide products.

A little time and attention spent on your lawn now will help to ensure healthy turf next year.

Natural Resources Youth Club seeking volunteer leaders

Trying to find something enjoyable to do with your spare time? You might want to consider helping out with a Natural Resources Youth Club. All you need is a little time to spare and an interest in helping our community's young people learn about the world around them. You could make a big difference. Interested or curious people should contact me at the Warm Springs OSU Extension Office.

Tim Wojtusik, 553-3238.

Stockman's Roundup: Supplemental feeding made easy



By Bob Pawelek
OSU Extension Agent
Livestock and Range

Use supplemental feed to furnish those nutrients which are not provided by forage or feasibly attainable from the beef animal's body stores.

1. Feed salt and an 8-12% phosphorus supplement of similar calcium content, such as dicalcium phosphate, free choice year round, unless the mineral is included in a complete supplement.

2. Inject or feed Vitamin A if the primary forage is a non-green product. More than 4 to 6 months without green pickings is cause for doubt.

3. Always feed enough protein to maintain a 6% plus protein ration for maintenance of rumen function and feed intake. Additional protein will be needed for some production situations. When in doubt about the amount and type of supplement to feed with low quality forage, feed a dry pregnant cow .5 lb. of actual supplemental crude protein per day, or the equivalent of 1 lb. of a 40% protein supplement, and a lactating

cow 1.0 lb/day of actual crude protein or the equivalent of 2 lb. of a 40% protein supplement.

4. Then use body condition scores as a guide to additional feeding. Loss of weight or condition suggests more energy, and thus pounds of supplement, is needed. Consider moving the cows to a higher quality forage, as feeding extra supplemental protein may not be enough to make a difference and prove too costly.

5. Nonprotein nitrogen (urea) may be substituted for some of the supplemental protein required in rations, provided such rations are adequate in minerals and readily available carbohydrates. Utilize plant protein sources whenever possible.

See Cow Calf Management Guide, Cattle Producer's Library CL300 & CL301 for further information.

October is "Talk About Prescriptions" month

October is "Talk About Prescriptions Month." Sponsored by the National Council on Patient Information and Education, the purpose of this year's national public health observance is to improve communications between health care professionals and their patients about prescription medications, states Norma Simpson Warm Springs Extension home economist.

"Let's Talk," the theme for this year's observance, underscores the importance of open communication between older adults and health care providers every time a medicine is prescribed and dispensed. Adults over age 65 are particularly at risk for adverse effects of medication because they are more likely to be taking multiple medications for multiple diseases. Complex dosage schedules further increase the risk of

making a mistake.

Aging also changes the ways medications are absorbed, metabolized, distributed and removed from the body, says Vicki Schmall, Oregon State University Extension gerontology specialist. The result is that the action of a medicine may be less predictable in an older person and it's intended action may be altered.

One of the most effective weapons against problems is to get all the facts about your medicines. This requires communicating openly and fully with your doctor and pharmacist.

The OSU Extension Service has produced two publications to help people of all ages take their medicines more effectively. "Using Medicine Safely," PNW 392, explains what you should know about each medicine you take, how you

work with your doctor and pharmacist to get the best information possible about your medications, how to store your medicines properly, and what to do if you or a family member has problems in keeping track of the medicines you take.

"Using Medicine Safely in Later Life," PNW 393, discusses why older people are at risk for medicine problems and adverse drug reactions, and solutions to common problems in taking medicine.

These publications can be obtained from the county offices of the OSU Extension Service, or copies may be ordered from Publications Orders, Agricultural Communications, OSU, Administrative Services A422, Corvallis 97331-2119. "Using Medicine in Later Life," PNW 393, and "Using Medicine Safely," PNW 392.