

## Five easy steps to follow for successful Resolutions

University of California Berkeley  
Wellness Letter January 1995

Half of all Americans, polls have shown, make New Year's Resolutions. Often what we vow to improve is some habit related to health: to give up cigarettes, cut down on alcohol, lose weight, get more exercise. You may think your successes (or failures) in this department are of no interest to the world at large. In fact a whole branch of science is devoted to behavior modification. Human behavior is a hard nut to crack.

A few years ago, researchers in the University of Scranton studied 213 people, two-thirds of whom had made New Year's resolutions to quit smoking or lose weight. (Other resolutions ran the gamut from reducing alcohol consumption to improving personal relationships). After one week, more than three-quarters of those studied were still sticking by their resolve. By July 1, only 40% were on track. But, in fact, that's a pretty high number. Those who stayed the course shared

three characteristics:

- \* They believed in their ability to change.
- \* They did not indulge in self-blame.
- \* They avoided wishful thinking. ("My life can change completely if I lose a lot of weight.")

More recent research, sponsored by the National Cancer Institute and other groups and led by James Prochaska of the University of Rhode Island, was published this year in *Changing For Good*. In it Prochaska defines stages that can lead to successful change:

1. **Precontemplation.** Your wish to change is still pretty vague. This is a good time to see information. What risks are you running by going along just as you are.
2. **Contemplation.** You weight the benefits of change. This is a time to get specific, to monitor yourself. For example, keep a record of how much you eat, drink or smoke.
3. **Preparation.** You begin making small changes: for example, a smoker might give

up his early morning cigarette. Tell family and friends that the leopard is about to change its spots. This is the time to make a firm decision - probably the single most important step you can take.

4. **The action.** You banish cigarettes, fatty food, or alcohol. At this point, give yourself all the help you can. Substitute a healthy habit, like exercise, for a bad one, like overeating. Go to a movie or museum where you can't light that cigarette. Avoid the big party where it will be hard not to drink or overeat. Go away for a weekend. Cultivate new interests.

5. **Maintenance.** This is the hard part. You're finished with your old habit and into your new life. Most attempts at change don't work on the first try. For most people, relapses are part of quitting. If you have a relapse, don't berate yourself. Try to learn from your mistakes. Try not to slide all the way back to the "precontemplation" stage. But if you do, start over.



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EDUCATION THAT WORKS FOR YOU

## Shingles more common in people over 60 years old

by Norma L. Simpson

Newsletters that come to the extension office provide lost of new information that fit into the home economics category related to applying arts and sciences to everyday living. This article on Shingles from the John Hopkins Medical Letter came the same day that I received an Email message from the Extension Home Economics Agent in Burns. We had all been cuddling and bouncing her 6-months old daughter during the Annual Conference. She warned us that the child had just come down with the red blotches of Chickenpox. I wonder how many adults or their children came down with the mild disease during the Christmas holidays. Until I read the article from the newsletter, I had forgotten the relationship of Shingles to Chickenpox. Since Shingles is more common in people over 60 years of age, they have discomfort that lasts for a longer period than the Chickenpox.

### Less Pain and Faster Recovery from Shingles

John Hopkins Medical Letter

Nearly everyone can recall recuperating from standard childhood illnesses such as mumps, measles, and chickenpox. Fortunately, these plague most of us only once. But later in life, 10-20% of those who had chickenpox go on to develop shingles - reactivation of the old infection, caused by the same virus that tormented them in youth.

Although rarely life-threatening, shingles can be extremely painful. And in about 35% of those who contract the infection after age 60, this discomfort lingers long after the infection itself has resolved (a condition known as postherpetic neuralgia).

Until recently, the only treatments available were non-specific pain relievers, such as aspirin, and the anti-inflammatory steroid hydrocortisone. Today, however, anti-viral medication (such as famciclovir and acyclovir) and other drugs (such as capsaicin) can hasten recovery, making patients more comfortable during recuperation, and limit the possibility of postherpetic neuralgia.

### What is Shingles?

Shingles is caused by varicella-zoster, a virus that also causes chickenpox and is closely related to the virus that causes cold sores and genital herpes. Although the body nearly always manages to fight initial exposure to varicella, it can not destroy every invading virus.

By some unknown mechanism, the survi-

vors take refuge in the body (probably inside nerve cells adjacent to the spinal cord), where they remain dormant for many years (sometimes indefinitely).

In some people, however, the viruses later reactivate, replicate, and travel down nerve fibers to the skin, causing an outbreak of shingles. Reactivation often occurs when the immune system has been weakened, either by age, certain types of treatment (including corticosteroid therapy for severe arthritis or radiation and chemotherapy for cancer), or illness (including Hodgkin's disease and diabetes).

Patients break out in clusters of small, itchy pea-shaped blisters that occur on one side of the body along the pathway of the affected nerve fibers. The torso is the region most often affected, but the face can also be involved. In some instances, the infection may even endanger vision, hearing, or the function of an internal organ.

The pain associated with shingles is caused by nerve injury and usually begins four or five days before the blisters erupt. Patients describe burning or throbbing sensations, and may also experience tingling or numbness in the affected area. Flu-like symptoms such as fever, headache, and nausea are also common.

Blisters and most other symptoms disappear within three to five weeks, but pain often subsides more slowly. After two months, 50% of patients are pain-free; after a year, the number rises to 80%.

### Treatment

It's important to see your doctor if you have a burning localized pain on one side of the body. To be most effective antiviral drugs should be started within three days of onset, which could be a day or two before blisters develop. Although mild infections can sometime be treated with painkillers (such as aspirin and acetaminophen) antihistamines (to control itching), and cold compresses, most older adults also receive antiviral drugs to prevent the virus from spreading, and to limit nerve injury if they are diagnosed early enough.

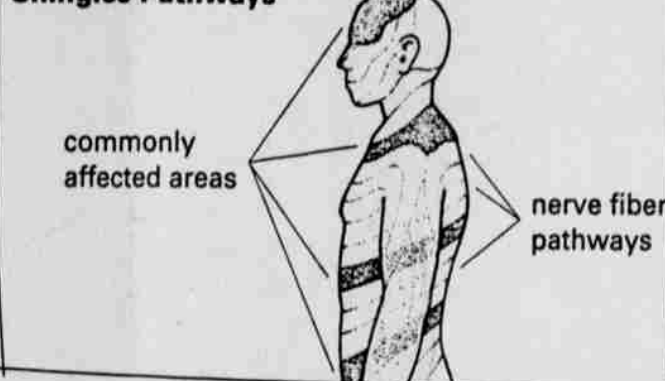
These medications keep varicella from invading healthy cells by interfering with its replication. This may speed healing and reduce the duration of postherpetic neuralgia. Two drugs are available: famciclovir (Famvir), which was approved last spring and acyclovir (Zovirax) which has been

used for about 10 years. Both drugs appear to be equally effective, although one study suggests that acyclovir may better limit postherpetic neuralgia. Among the possible side effect are diarrhea, nausea, headache, and constipation. The cost for a normal course of the medications is \$150 to \$180.

If blisters get infected, oral antibiotics may also be prescribed. Once the blisters become crusty, antibiotic creams and oint-

ments may aid healing. The chronic pain of postherpetic neuralgia can often be mitigated with capsaicin cream (Zostrix), which appears to act on nerve fibers in the skin, and other therapies. For more information about shingles and how to manage lingering pain send a stamped, self-addressed business-size envelope to the VZV Research Foundation, 40 East 72nd Street, New York, NY 10021.

### Shingles Pathways



## Employment injuries/illnesses data released

by Oregon Department of Consumer and Business Services & Norma L. Simpson

The Oregon Department of Consumer and Business Services has released new data that will help both regulatory agencies and businesses to identify trends in work place injuries and illnesses. The tables below show the number of cases with days away from work for all Oregon private sector industry division and 10 private sector occupations in Oregon with the greatest number of cases.

**Carpal Tunnel Syndrome.** The total number of cases resulting from Carpal Tunnel Syndrome (CTS) remains a small, but growing percentage of all cases. At 2.6 percent of cases, Oregon's percentage is almost twice the national average of 1.4 percent.

**On the Job Experience.** The study also demonstrated the importance of on the job experience as being a major factor in determining which workers are most likely to suffer an on the job injury or illness. Some 32.7 percent of workers with days away from work had been with their employers or one year or less.

**Violence in the Workplace.** Oregon workers have about the same level of risk as workers nationwide when cases stemming from assaults and violent acts are considered. about 1 percent of the cases were the result of assaults and violent acts.

**Most Common Injury.** The most common nature of injury or illness causing employees to miss time from work in Oregon was sprains and strains accounting for almost 55 percent of all cases away from work, higher in Oregon than the national average of 43.9 percent of all cases.

## Ground rules for kids

Modern Maturity Magazine November-December 1994

What should we expect of our at-home kids?

\*That while in our homes they won't engage in activities we don't approve of - such as druging, drinking to excess, or bringing in sexual partners.

\*That job-hunting is their primary responsibility, and they should realize we won't support them if they don't take it seriously.

\*That they will share the household chores and take proper care of their personal space and belongings.

\*That they will afford us a fair amount of privacy - and we will grant them the same.

\*That they will extend common courtesies, like "I won't be home for dinner tonight" (which we promise not to follow up with "So where will you be going?")

\*That we will be able to discuss things that bother us - and we'll make every effort to negotiate a solution.

\*That they will contribute a percentage of their earnings to cover everyday household expenses such as utilities, phone bills, etc.

## Two new crops tested for industrial use

by Timothy Wojtusik

It may not be too long before many food-producing farmers in Oregon switch to growing ingredients for paint, plywood and lipstick. Believe it or not research is showing that growing crops for industrial uses may prove to be a profitable alternative to conventional farming.

At the Southern Oregon Extension Center researchers like agronomist Richard Roseberg are testing new crops for industrial uses. Two that show promise are Euphorbia and Vernonia. They are both drought-tolerant crops that have the potential to be good producers of coatings used in paints. Harvests of such substances could be worth millions.

"They could produce a substitute for the 40 million gallons of petroleum-based alkyl

resin used each year and which now contribute to the nation's smog problem," Roseberg said. "Resins from the vernolic acid produced by Euphorbia and Vernonia would be non-polluting and come from renewable resources."

Even though these crops show great profit potential there are still some obstacles to be overcome before they become a common site on Northwest farms. They come from different parts of the world and will have to be selectively bred to develop types suited to Northwest growing conditions. There is still lots of work ahead but it appears to be well worth the effort. "After all, these crops could yield 2,000 pounds of seed per acre per year and produce 600 pounds of vernolic acid worth about \$2,000" Roseberg said. That is something to look forward to.

## Stockman's Roundup-IRMP II Input needed



The Integrated Resource Management Plan, the second part (IRMP II), is a Tribal Council directive for a land use plan for the reservation's rangelands. A team of technical folks (and a sprinkling of Tribal Members) have been busy putting together a document regarding how your natural resources on non-forested lands will be managed in the future.

The first draft is out, and this beautifully written, 77-page document is available for your review. Tribal Council Committees are reviewing the document and offering constructive criticism to the IRMP II Team. A public comment period is now taking place, but will come to a halt on Monday, January 2. There is still time for you to review the document and have your say about the issues, goals and objectives.

IRMP II should be of significant interest to the livestock producers of Warm Springs,

since such issues as upland vegetation, roads to tribal corrals, wildlife, water quality and agricultural resources are taken into consideration.

If you have not had the opportunity to review the document, call the IRMP II Coordinator, Bobby Brunoe at 553-3362. The team would welcome your comments.

### OSU HORSE CONFERENCE SET

The Fourth Annual OSU Horse Conference is set for Saturday, April 8, 1995. A new training method called Tellington-Touch will be demonstrated, as well as chiropractic exams for horses. A session at the OSU Veterinary Teaching Hospital will include current diagnostic and treatment techniques in equine medicine and surgery.

Mark your calendar and let me know if you're interested in attending.

### EXERCISE MAY HELP EASE CALVING

Research at Miles City, Montana shows forced exercise to improve calving ease. The scientists used dairy heifers for the experiment, but it is also believed that beef cows should get enough exercise to maintain adequate muscle tone in order to minimize calving difficulty.

Since they haven't yet built a NordicTrac that a 1000 pound Hereford can use, how can I get my animals to exercise? The answer is not to sic the dogs on the herd, nor is it tasteful to chase a pregnant cow through the sagebrush in your wife's van.

Simply feeding well away from the water source will do the job. The herd will also make better use of the forage available to them. Rather than loafing near the stockpond all day waiting around for you to come with a load of hay, make them walk for it. Strategic placement of salt is also beneficial.

## OSU Extension office offers divorce booklets

by Leonard Calvert & Norma L. Simpson

Two publications for divorcing couples, "Property Division and Spousal Support When Divorce Occurs" and "Child Support Decisions" are now available from the Oregon State University Extension Service office in Warm Springs. Call Norma or Salli at 553-3238 or drop by the OSU Extension Office in the Education Center.

Economic information and an understanding of the couple's financial situation "are critical as you make decisions," notes Alice Mills Morrow, OSU Extension family Economics specialist. "Because the financial decisions made at divorce time have long-term economic impacts on mother, father and children."

The two publications are not intended as a substitute for seeking advice from attorneys or other qualified advisors. The publications are designed to help people to think through the financial implications being made during a time filled with stress and emotions.

The first part of the series "Property Division and Spousal Support with Divorce Occurs" includes worksheets to help the couple determine their financial situation in order to make fair and equitable decisions. Part two of the series, "Child Support Decision When Divorce Occurs" includes worksheets to help divorcing parents understand their financial obligations to their children.

## "Lost books" at OSU office, are they yours?

by Norma L. Simpson

In December I received a surprise package...30 cookbooks called Favorite Recipes Indian Community Food Advisors. It wasn't addressed to me, but arrived at the Warm Springs Warehouse. Other people had been called before they came to me, but thought that it looked like the kind of books that would fit the nutrition and food preparation activities that I have been involved in. It starts with the Food Guide Pyramid, and divides the book into sections of the food guide pyramid with Breads, Cereal, Rice and Pasta Group with such things as "Whole Wheat Master Mix Pizza" and "Bread in a Bag." The 106 page paper-back book continues to the Milk, Yogurt and Cheese Group. But it skips the top of the pyramid where you have the forbidden foods full of fat and sugar.

The book's index tells you in bold print which are commodity foods. A number or recipes are for use of the microwave oven. Below is a sample of the microwave recipe for rice pudding. I'd add a handful of raisins to make it even better.

I agreed to take these books to my office in the Education Center to get them out of the hair of the warehouse folks. If you ordered these books you can come to the Extension Office and Claim the books.

## LLC explained

by Norma L. Simpson

As you can see, the shopping center is coming along in Warm Springs. If you are thinking about setting up one of these businesses, you might want to consider a Limited Liability Company (LLC). It's a new form of business organization available in some states including Oregon, Idaho and Washington.

When properly formed and maintained, the LLC has the limited liability features of the corporation and the tax features of the partnership.

While it helps to understand something about the LLC, it is essential that you work closely with legal help. This is not a do-it-yourself job. Drafting the legal documents require extreme care in using the exact words that will be to your benefit.

As important is to know how the Limited Liability Company differs from other types of business operations. OSU Extension has just released a one-page fact sheet that explains the advantage of four common types of business organizations as seen in the diagram below.

Get a free copy of the fact sheet (#FS 323) at the Education Center 1110 Wasco Street in Warm Springs, or call 553-3238 and ask Norma or Salli for a copy by mail.