

Help family cope before a disaster strikes

Your family may realize clearly after a disaster what should have been done. But, whatever the crisis—earthquake, fire, flood, etc.—some thought and action beforehand can usually help the members react more wisely. Consider not only how your children might be and the effect of that crisis upon each person's emotional and physical well-being. Unpressed by the tension of a real emergency a person can think through actions and reactions to crisis situations.

Giving children familiar patterns to follow and basic information and supplies for meeting a variety of possible situations may result in life-saving skills or, at least, a lessening of the impact of crisis situations. Talking, practicing, and actively preparing together can play a part in helping make the unknown more familiar, says Carol Bennett, Morrow County Extension agent.

You can discuss action in possible disaster situations at informal times during the day—bedtime, snack time, or when doing chores together. Keeping children posted on what is going on and answering their questions simply and honestly can prepare both parents and children for possible future difficulties.

The earthquakes in California are in the news stories this month. This is an appropriate time to talk over how your family would handle a similar situation. This gives your children the time to think out and plan actions for real life crises.

Help children practice dialing 911 or the telephone operator fire station, and ambulance.

Try a family game of "escape." On five or six slips of paper, write down various places where a fire might be located in your house. Put them in a jar or in a hat. On five or six other slips of paper, write down various rooms in which you might happen to be. Put them in a second

container. Pull a slip from the first jar locating the fire. Have each family member take a slip from the second jar, locating each person in the house. Players must then figure out how to escape and how to help those who may be trapped.

Your agitation or calmness will be reflected in your family's ability to cope. Knowing how to provide for your family's basic needs will enable you to react more effectively in a crisis situation.

One of your most crucial needs is a supply of safe water. Every person in your family needs about two quarts of water or other liquids daily (more in hot weather). You also need pure water for preparing food, brushing teeth, and keeping clean.

If you have warning that a severe storm could cause flooding, or another disaster that could otherwise disrupt water services, insure an adequate supply of safe water for your family. Fill large containers, pots, pans, sinks and bathtubs with water. Then shut off the main valve to protect the clean water already in your water system. If possible close the valves on the water lines leaving the house.

You may have emergency sources of water, such as ice cubes, on hand. Soft drinks and fruit juices are water substitutes. In addition, the water in your pipes and toilet flush tanks (not the bowls) is safe to drink if you closed the valve on the main water line before the flood.

To use the water still in the pipes, turn on the faucet located in the highest point in the house, usually in an upstairs bathroom. This lets air into the system. Then draw water from the lowest faucet in the house.

Your hot water heater or water pressure tank could supply 30 to 60 gallons of safe water in an emergency. Before using water from the water heater, switch off the gas or electricity which heats the water. Leaving the heating part on while the heater is empty could cause an explosion or burn out the element.

Unless you are absolutely certain your home water supply is not contaminated purify all water before using it for drinking, food preparation, brushing teeth or dishwashing. If the water contains sediment or floating material, strain it through a cloth before treating it. Water can be purified by boiling or by chemical treatment. Instruction on water purifications by boiling, chemical treatment with chlorine bleach or iodine are available from Morrow County Extension Service.

Oregon wheat growers are experiencing a serious pest problem with the Russian wheat aphid. This insect is beginning to build its population levels now, and field spraying for insect control is still possible.

Use caution with wheat aphid spray pesticide

While the applicators of the pesticides registered for use on this pest are professional and are adept at limiting the impact of pesticides on non-target areas, still the pesticides are very toxic. There is some risk to hunters, to homeowners who live adjacent to fields which get sprayed, and to others who may inadvertently be exposed to the chemicals.

The risk of illness due to exposure can be minimized by following a few simple steps:

- Close the car or home windows if you are adjacent to a spray operation;
- Keep children, pets and toys indoors when applications are being done on property next to a home;
- Hose down play equipment or outdoor furniture with water before use if you know it has received pesticide spray or drift;
- Do not enter treated fields for at

Ill elderly at greater risk for food poisoning

Many people feel that they're immune to food poisoning but that could be a deadly assumption for some, says Carol Bennett, Morrow County Extension home economist.

It is true that you develop immunity after having had some particular types of foodborne disease, but don't be complacent, Bennett says. There are many types of bacteria that can cause illness. Being immune to some doesn't protect you from others.

This is a serious concern for people considered at high risk of foodborne disease. Persons caring

infants, pregnant women and the elderly need to pay special attention to safe food handling techniques.

Elderly victims of foodborne illness face a greater risk of becoming seriously ill than younger adults, notes Carolyn Raab, Extension foods and nutrition specialist at Oregon State University.

"Our immune systems weaken as we age," she explains. "This is worsened by illness such as cancer that affect the immune system."

Some types of food poisoning, such as salmonellosis, can kill elderly persons. There are about 2,000 types of Salmonella, the bacteria that cause this food poisoning. Salmonella bacteria grow in the intestinal tracts of animals.

Safe handling of raw meat, poultry

and eggs can prevent salmonellosis. Thorough heating of animal products kill the bacteria. Raab advises cooking meat to a medium or well-done stage. Poultry is done when the meat is no longer pink and the juice is clear, without color. Cook eggs until the whites are no longer runny.

When cooking in a microwave oven, make sure that heating is adequate. Use oven cooking bags to be certain that meat and poultry products heat evenly. Check the manufacturer's directions for power level, and both cooking and standing time. Rotate foods during cooking and check for doneness before eating.

Raab advises refrigerating leftover meat, poultry, and egg products promptly.



Columbia Basin Electric Co-op employee, Bud Marshall and Heppner City employee Roger Ehrmantraut help residents get into the spirit of the season by installing Christmas lights along the city streets. Columbia Basin donates its time every year.

Pre-school donates to Center



Heppner pre-school children, their teachers, Paula Colgrove and Carol Williams and parents donate canned goods and other items to the Heppner Neighborhood Center for the holiday baskets they distribute to area families.

M.S.W.C. district represented at Goodyear tour

Rudy Bergstrom, lone, will represent the Morrow County Soil and Water Conservation District on the 42nd annual Goodyear Conservation Awards tour to Litchfield Park, Ariz., Dec. 15-18.

He will join 100 other board members from grand award-winning districts in every section of the United States for a three-day, vacation-study program.

Morrow SWCD won top honors last year in the competition sponsored by The Goodyear Tire and Rubber Company in cooperation

with the National Association of Conservation Districts (NACD).

The winners will meet with other conservation leaders at The Wigwam, a desert resort hotel. The group will tour area farming operations and see how sound conservation practices have turned arid desert lands into productive crop lands. Visits to other points of interest in the Phoenix area are also scheduled.

Over 4,000 award-winning conservationists have been guests on the previous tours to Arizona and Florida.

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Most aerial applicators are applying herbicides at this time of the year, which are relatively non-toxic. Do not panic if you are accidentally exposed. Remove contaminated clothing right away and wash exposed skin with soap and water. Identify the chemical to which you were exposed and seek medical help if symptoms develop.

Symptoms for organophosphate poisoning are headache, dizziness, weakness, incoordination, muscle twitching, tremor, nausea, cramps, diarrhea and sweating.

Eating animal products from an area that has been treated by an insecticide is not hazardous, as long as the animal was healthy before being killed. Waterfowl and upland game birds are relatively risk-free, since they metabolize the chemicals rapidly.

Cranberries as American as apple pie

Cranberries are as American as apple pie in fact, even more so, for cranberries are one of the true native North American fruits (Concord grapes and blueberries being the others). Long before the Pilgrims arrived in 1620, the North American Indians combined crushed cranberries with dried deer meat and melted fat to make pemmican, a convenience food that would keep a long time. It was the Pilgrims who gave the cranberry its modern name. To them, the pink cranberry blossoms resembled the heads of cranes; therefore the word, "crane berry," later contracted to "cranberry."

Fresh cranberries are low in calories—1/2 cup has only 25 calories and, uncooked, that amount has over 10 percent of the recommended daily allowance of Vitamin C. They are also low in sodium—perfect for those on sodium-restricted diets.

Fresh cranberries are available during the fall harvest season, September to December. They may be stored by refrigeration for up to one month. Cranberries also freeze well. Without prewashing, freeze the berries double-wrapped in plastic for up to nine months. When using, do not thaw. Follow recipe directions using frozen berries. To prepare cranberries for cooking, sort out soft berries and stems, then rinse in cold water. Chop cranberries by hand, or for fast convenience, process three cups at a time in food processor. Leftover cranberry sauce or cranberry orange relish may be refrigerated for several days in an airtight container. Or, freeze in an airtight container for up to nine months.

Carol Bennett, Morrow County Extension Agent suggests trying these cranberry cookery ideas using fresh or fresh frozen cranberries:

12 ounce cranberries = 3 cups
Stir 1/2 cup chopped cranberries, sprinkled with 2 tablespoons granulated sugar for every 6 six muffins, into muffin batter.

Cook together equal amounts of fresh cranberries and apples, sweetening to taste, to make cranberry apple sauce.

Fill center of apple with cranberries, sugar and cinnamon before baking.

Cranberry Citrus Punch is a colorful low sodium holiday punch. For additional cranberry preparation suggestions, contact the Morrow County Extension Service 676-9642 for the "Cranberry Fact Sheet."

Cranberry Citrus Punch
2 bottles (32 ounces) Ocean Spray Cranberry Juice Cocktail

1 can (12 ounces) frozen pink lemonade concentrate thawed
1 can (6 ounces) frozen orange juice concentrate thawed
4 cups cold water
1 quart ginger ale, chilled
Orange and lemon slices

In a large punch bowl, mix juices and water. Just before serving add ginger ale. Garnish with lemon and orange slices. Makes 36 4-ounce servings.

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