

Off the Wall By Merlyn Robinson

Why compare apples with oranges when there are over 10,000 varieties of apples. And dried apple heads might make an interesting fair exhibit. Since before the dawn of history apples have received notoriety in a variety of ways.

The ancient Greeks had a legend that a golden apple caused quarreling among the Gods and brought about the destruction of Troy. My history recollections are about a large wooden horse that was involved in that fracas.

The forbidden fruit that the Bible says that Adam and Eve ate in the Garden of Eden is believed to have been an apple. Was it a golden apple that we can blame for all of mankind's troubles?

Perhaps that apple was laced with a meaty entree. The appetites of worms and birds certainly leaves less applesauce in the pot. I'm not a sure shot like William Tell with his trusty bow and arrow. Piercing an apple with a knife is difficult enough without it. Being perched on a head.

Apples were prized by the ancient Romans. Apple-growing became common in England and many parts of Europe. Immigrants brought the apple to America in the form of seeds and twigs. Dried apples became a staple in the diets of this country's pioneers.

The old saying "an apple a day keeps the doctor away" must have originated with Johnny Appleseed, alias John Endecott. As one of the early governors of the Massachusetts Bay Colony, this man traipsed about the country planting apple seeds in sparsely settled areas.

Apple trees have a long life. Pear and apple trees, planted by my grandparents, still live here on this ranch. However a wind caused the destruction of a lone apple tree near the Heppner-Lexington Highway during a recent wind storm. It's said that the tree shaded a popular turn-out spot and has been there as long as anyone can remember.

No one seems to know the history of that apple tree, so a possible scenario sparks the imagination. Did an apple-eating teamster pause there when he ate his lunch? Or did a bird make a pit stop there?

It's sad to lose such old-timers as that apple tree and the 100-year-old locust trees that are being destroyed by locust borers. If continuing tactics prohibit the clean-up of dead trees in our forests, fire could wipe out all live vegetation. It would take a century to reforest those mountains.

At this point I regard evergreen and shade trees with reverence, remembering that old poem that reads "I think that I shall never see, anything as lovely as a tree." However homemade applesauce is a "smacking good" treat come winter and summer-time shade is a blessing.

Don't wash poultry before cooking

Directions for preparing poultry often advise consumers to wash the raw bird first. Is this good advice? Are there any risks?

According to Margy Woodburn, head of the Oregon State University department of nutrition and food management, the practice is not based on research. It probably began when consumers killed and dressed their own poultry. Recent experiments have found that washing does not significantly reduce the number of microorganisms on the skin.

That's because bacteria are probably trapped in pockets on the surface, making them difficult to remove by rinsing.

However, they may still be transferred to other surfaces.

Washing increases the chance of contaminating sinks, faucets and counter surfaces as well as the preparer's hands. Because washing ready-to-cook poultry gives no benefits, yet adds risks, Woodburn does not recommend this practice.

To reduce the potential for cross-contamination, specialists suggest putting poultry packaging materials directly into the garbage container, cleaning drips on work surfaces, using only paper towels and plastic cutting boards, and thoroughly washing, and then sanitizing, utensils and work surfaces after use. A sanitizing rinse of three tablespoons chlorine bleach with one gallon water will kill Salmonella and E.Coli on your cutting board and work surfaces.

When a child has nothing to do

Has your child run out of things to do this summer? There are remedies for the "nothing to do blahs" notes Carol Michael-Bennett, Oregon State University Extension agent in Morrow County.

First of all, remember that doing nothing isn't always negative. Most children need a quiet, private time to do nothing and not get in anyone's way. Don't worry unless they ask you for something to do, says Michael.

Giving them a project isn't always the easiest answer. Your child may need to develop skills to start his or her own projects. You may make suggestions, but sometimes the most creative projects come from the child's inspiration or from friends who are sharing the fun.

Remember the dress-up box from your child's preschool years? A project box works along the same lines. Here are some ideas suggested by OSU Extension family life specialists.

Storekeeping: collect empty food boxes, cans, play money, pencils and paper. Include a calculator. The children can set up a pretend store, shop, add prices, etc.

Circus: Include clown make-up and remover, scarves, hats and props.

A sign kit: cut words with large print from magazines and newspapers. Get a set of rubber letter stamps and an ink pad. Include a supply of surplus cardboard for container labels, art work, funny slogans or bumper stickers.

Your project box can provide fun and creative activities for school-agers, as well as provide opportunities for successful independence, concludes Michael.

New record set at Walleye Tournament

More walleyes than ever before were caught in the Boardman Fishin' Derby last week-end July 30 and 31. The biggest one set a new tournament record according to Wren Hyder, tournament director. Forty-two angler teams weighed in 137 fish in the two-day event Saturday and Sunday. Hyder's son, Travis, the only Boardman angler in the field, set the new tournament record with a 15.10 pound walleye.

Bob Gritski of Pendleton and Paul Wagner of Plymouth won the event with a total catch of

nine fish weighing 42.90 pounds for a payout of more than \$3,000. Wally Moser and Phil Caldwell of Gresham claimed second place with eight fish weighing 30.85 pounds and Stan and Steve Romig of Umatilla and Battle Ground

placed third with six fish for a total of 28.15 pounds.

"While the average walleye was a little smaller this year, there were plenty of them and there were, of course, a few lunkers," Hyder said. The Fishin' Derby is in its 11th year, and the 15.10 pounder topped the previous tournament record by nearly two pounds. Hyder's big catch came early Sunday morning. Doug Bussell and Jimmy Rogers of Finley tagged the big one on Saturday at 10.10 pounds.

The Boardman Fishin' Derby, sponsored by the Boardman Chamber of Commerce, is a member of the Columbia River

Governor's Cup set for Labor Day weekend in Umatilla. "The best of the best in all three tournaments will compete in the circuit's tournament of champions September 24 and 25 at Umatilla," according to Ed Glenn, circuit president.

Additional results are as follows: fourth-Terry and Mary Rykman, Toledo, 10 fish, 26.85 pounds; fifth-Steve Lacey, Gresham and Travis Hyder, Boardman, three fish 26.65 pounds; sixth-Steve Daulton and Boyd Hulse, Irrigon, 11 fish, 22.70 pounds; seventh-Evert McKenzie and Wally Blakely, Umatilla, seven fish, 22.60 pounds; eighth-Del Bareither, Kennewick and Mike Hepper, Richland, six fish, 21.15 pounds; ninth-Bob Simms, Corbett and Kurt Halgren, Portland, eight fish, 19.65 pounds and 10th-Merlin Cassens and Jan Wilson, Umatilla, four fish, 18.80 pounds.

Restrictions in place for fire season

A restriction on the use of campfires, travel, smoking, and internal combustion engines went into effect Saturday, July 23 due to extreme fire danger, predicted continued hot and dry weather conditions and concern for public safety. Phil Kline, acting Umatilla National Forest supervisor said this restriction prohibits building and tending open campfires until further notice, except in fireplaces at designated recreation sites, on the Umatilla National Forest. Forest visitors may use liquid fuel or bottled gas stoves.

In addition to campfire restrictions, use of internal combustion engines, specifically chainsaws and generators, is prohibited in timber, grass, or brush. Smoking is allowed only in enclosed vehicles, buildings, and developed recreation sites. Generators are permissible with a factory-approved muffler and/or spark arrester when installed in a recreational vehicle or within an area cleared of all flammable material within 10 feet.

Travel restrictions prohibit traveling off developed forest roads, including forest trails, except when traveling to and from campsites located within 300 feet of a developed forest road. Visitors are advised to use extreme caution while traveling throughout the forest. All vehicles must abide by all laws and regulations pertaining to the area of travel. Restrictions on logging and other industrial operations have also been placed in effect.

These restrictions apply to all National Forest lands, roads, and trails administered by the Heppner, North Fork John Day, Walla Walla, and Pomeroy Districts of the Umatilla National Forest.

Campers may use fires in the Heppner designated recreation sites which include Penland Lake, Bull Prairie and Fairview. Extreme caution is advised. For additional sites contact the Ranger District office.

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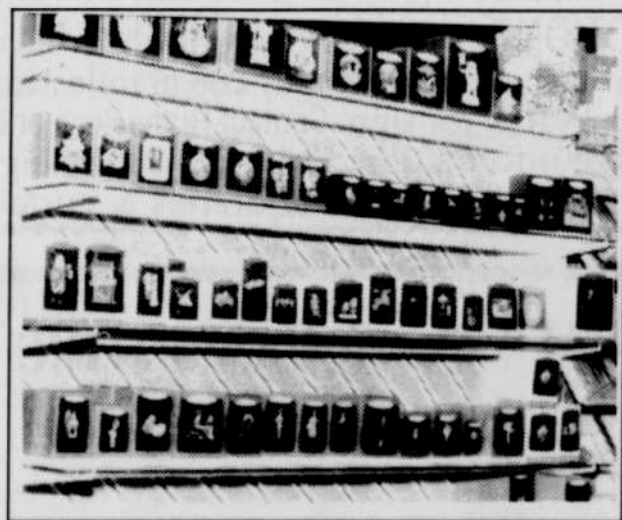
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Prescription & OTC Cough Medicines



Coughing is a noisy expulsion of air from the lungs that can be caused by different things. If, for example, the cough is dry (no phlegm produced), inflammation of the lungs or windpipe could result from inhaling fumes, getting a small food particle stuck in the throat, or laryngitis. If the cough is not dry and one has a runny nose, the cough could be due to a cold or bronchitis. There also are other causes of cough.

Cough medicines (called anti-tussives) suppress coughing by acting on the so-called "cough center" located in the lower part of the brain. These medicines should be taken only when there is need to reduce coughing frequency. An example is when the cough is not producing phlegm. *Codeine*, a narcotic, is the cough medicine ingredient by which most other anti-tussives are evaluated. *Hydrocodone* is a derivative of codeine that is often combined with decongestants and antihistamines in cough/cold medicines. *Benzonatate* is thought to suppress coughing by its local anesthetic effect. *Dextromethorphan* is a synthetic, non-narcotic cough medicine that some authorities believe to be equally potent to codeine. *Diphenhydramine* is an antihistamine that works against coughs. Diphenhydramine and dextromethorphan are found in many non-prescription cough medicines.

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