

# Family & Community Development



JULY 2007

EXTENSION SERVICE

UNION & BAKER COUNTY

## **Please Welcome our new Nutrition Education Program Assistants!**

I am pleased to announce the new members of our FCD team, Kris and Susan. As programming has been increasing in both counties, part of their duties include providing support to myself, coordinating elements of our Nutrition Education Program (NEP) or projects, and assisting with the planning, implementation, and evaluation of the NEP program. We are fortunate to have such wonderful additions to our staff.

Welcome!

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## **Introducing Kris Borgen in Baker County**

It is great to be a part of OSU once again. I am a 1984 OSU graduate in what was then known as Institution Management and General Dietetics. I stayed in Corvallis for most of the 20 years following graduation working with the Oregon WIC Program in both Linn and Benton Counties.

While in Corvallis we became involved in showing Arabian Horses and continue to be members of the Arabian Horse Breeders Association of Oregon. We are expecting our first foal in 2008. While showing is still a passion, trail riding is much easier here. Born and raised in Baker (the name changed while I was gone), I returned to Baker City in 2004 and have been with the Head Start Program for the past three years. Baker City is a great place to return to because of the people and the environment, although I still miss Corvallis. I am looking forward to being in the schools and helping our young citizens be the best they can be.

## **Introducing Susan Peterson in Union County**

I am looking forward to working with you all here in Union County. My family and I moved to La Grande two years ago from the Medford/Ashland area. We are enjoying the area and all of the outdoor recreation opportunities available. My educational background includes a Bachelor of Science from Southern Oregon University and a Master of Public Health from Oregon State University.

I have had a diverse career path, with stops in Red River, New Mexico to run a youth ski racing program; a stop in Malawi (Africa) to teach HIV/AIDS prevention to local villagers; a stop in Coos/Curry county with the Extension Service; an extended stop in Ashland and Medford to work in student health at SOU; and now our current stop here in La Grande. My husband Danny and I have two sons, Noah age 3 and Ethan, 6 months.

OSU Extension Service  
**FOOD SAFETY/PRESERVATION  
HOTLINE**

1-800-354-7319

9 AM to 4 PM  
Monday—Thursday  
(except holidays)

**July 16 — October 12, 2007**

Certified Family Food Education volunteers  
and OSU Extension staff in Lane County  
will answer your questions.

Sponsored by the Extension Family and  
Community Development program

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## Red, White & Blue Pasta Salad

Makes about 5- 1/2 cup servings

- 2 cups cooked pasta, drained
- 1 medium red sweet pepper, washed and chopped
- 1 cup blueberries, washed and extra water drained off
- 1/2 c celery chopped
- 1/2 cup carrots, chopped
- Toss pasta, blueberries and vegetables in a medium size mixing bowl.



### Dressing

Mix the following in a small bowl or jar, pour over salad and toss.

- Juice of one lemon
- 2 tablespoons vegetable oil
- 1/4 teaspoon yellow mustard
- 1 tablespoon fresh mint, washed and chopped
- 1 teaspoon dried basil

Serving size = 1/2 cup, 158 calories, 6g total fat, 0mg cholesterol, 25 mg sodium, 24 g total carbohydrate, 3 g fiber, 4 g protein.

*Food News You Can Use*, OSU Extension Service Columbia County

## July is National Picnic Month

Bacteria grow fast when food is lukewarm. Don't keep cooked foods (like meat, casseroles, vegetables, pasta and potato salads) at room temperature longer than 2 to 3 hours.

- Keep hot foods **HOT**
- Keep cold foods **COLD**



## It's that time again!

We recommend that you bring in your pressure dial-gauge to test its accuracy before preserving your first beautiful masterpiece this summer.

Contact your local Extension office:

Union County (541) 963-1010

Baker County (541) 523-6418

Or, drop it off at either Extension office and we'll call you when it's finished!



## Play it Safe in the Sun



As we soak up the sun's rays, many of us do not consider that we are putting ourselves at risk for skin cancer, the most common form of cancer in the United States. The American Cancer Society estimates that more than 1 million skin cancers are diagnosed each year. Most skin cancer deaths are caused by malignant melanoma, the most dangerous type of skin cancer. A person today is twice as likely to develop melanoma as someone born only 10 years ago and 12 times as likely as someone born 50 years ago. This is likely because more ultraviolet (UV) radiation is reaching the earth as the ozone layer is depleted. So it is more critical than ever to protect yourself and your family from the sun.



Skin cancer can affect anyone regardless of race or skin color. However, some people are at a greater risk than others. Skin cancer is more common in people with fair or light-color skin, those with a family history of skin cancer, and people who spend a lot of time outdoors working in the sun, such as farmers.



Repeated exposure to the sun over a long time is a major factor in skin cancer development. People who were severely sunburned as children also experience higher skin cancer rates. One serious sunburn can increase the risk of skin cancer by as much as 50 percent. So how can you protect yourself and your family?



**Stay out of the sun**, especially between 10 a.m. and 4 p.m. when the sun's rays are most damaging. Arrange outside activities around these times and seek as much shade as possible during these hours. And remember, you *can* burn on a cloudy day.



**Wear protective clothes such as a long-sleeve shirt and long pants.** Dark colors generally provide more protection than light colors. Be aware that covering up doesn't block out all UV rays. A typical light T-shirt usually provides less protection in summer than a sunscreen with a Sun Protection Factor (SPF) of 15 or higher.



**Wear a sun-safe hat.** Baseball caps do not protect vulnerable areas on your ears, face, or neck. Try a wide-brim hat made of tightly woven fabric.



**Wear sunglasses.** Even the most effective hats can block only 50 percent of the UV rays that reach the eyes, so be sure to wear sunglasses. Best are wraparound sunglasses that provide 100 percent UV radiation protection.



- **Use a broad-spectrum sunscreen with an SPF of at least 15.** The SPF number represents the level of protection the sunscreen provides; a higher number means more protection. Reapply sunscreen every 2 hours and apply it thickly and thoroughly. Use at least 1 ounce (a handful) of sunscreen to cover your entire body.



- **Do not use tanning beds or sun lamps.** They give off just as much UV radiation as the sun.



- **Finally, check your skin every month** for abnormal or changing areas, especially moles. Use a mirror or ask a family member to check areas you cannot see. Ask your doctor to examine questionable areas.



Whether it is work or play, the bottom line is to be safe in the sun and aware of its risks. Make it a habit to protect yourself from the sun.



### References



American Cancer Society. Retrieved April 12, 2007 from [http://www.cancer.org/docroot/PED/content/ped\\_7\\_1\\_Skin\\_Cancer\\_Detection\\_What\\_You\\_Can\\_Do.asp?sitearea=&level=](http://www.cancer.org/docroot/PED/content/ped_7_1_Skin_Cancer_Detection_What_You_Can_Do.asp?sitearea=&level=)



*Playing It Safe in the Sun*, HEEL Health Bulletin, University of Kentucky Cooperative Extension Service. June 2003.



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NEP Vision: Working together to educate and equip Oregonians to live healthy, active lives through nutrition education.

FCD Vision: Oregon State University Extension Family and Community Development programs and community partnerships help all Oregonians achieve a healthy, nurturing family and a caring community.

OSUES Vision: Oregon State University Extension Service is the “Front door to OSU” and the premier provider of nonformal education that meets the needs of Oregonians and contributes significantly to strong individuals, families and communities, a vibrant economy, and sustainable natural resources.

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