

COLESTIN VALLEY BUZZ



May/June 2007

Computer Recycling & Repair

www.computerdropoff.com

I recently patronized a shop in Talent that accepts old computers and computer parts for refurbishment and donation to underserved communities and/or for recycling. The owner was helpful and friendly and I am thankful that he is available to assist us in disposing of our used computers responsibly. Prices are reasonable at approximately \$5-15 for most units. They also offer computer repair services. Location: 1200 S. Pacific Hwy, 535-8100.

Microwave Your Kitchen Sponge To Keep It Clean

From USDA Ag Research Service news release, reported in Science Daily April 25, 2007

Every kitchen has at some time or another been home to a sponge, that oh-so-versatile cleaning tool. It wipes up messes on countertops and absorbs liquid droplets quickly. Best of all, it's reusable.

However, that handy kitchen sponge can harbor more than moisture—things like foodborne pathogens, yeasts and molds. So Agricultural Research Service (ARS) scientists in

Beltsville, Md., have tested several methods for reducing risks from harmful microbes hiding in reused sponges.

At the ARS Food Technology and Safety Laboratory in Beltsville, microbiologists Manan Sharma and Cheryl Mudd and two student interns did the testing. First, they soaked sponges at room temperature for 48 hours in a solution made from ground beef and lab growth medium to attain a high level of microbes (20 million per sponge) to simulate a very dirty sponge.

Then, they treated each sponge in one of five ways: soaked for three minutes in a 10 percent chlorine bleach solution, soaked in lemon juice or deionized water for one minute, heated in a microwave for one minute, placed in a dishwasher operating with a drying cycle—or left untreated.

The scientists chose these methods because they're commonly used in most household kitchens. They found that between 37 and 87 percent of bacteria were killed on sponges soaked in the 10 percent bleach solution, lemon juice or deionized water—and those left untreated. That still left enough bacteria to potentially cause disease.

Microwaving sponges killed 99.9999 percent of bacteria present on them,

while dishwashing killed 99.9998 percent of bacteria.

As for yeasts and molds, the sponges treated in the microwave oven or dishwasher were found to harbor less than 1 percent (0.00001 percent). Between 6.7 and 63 percent of yeasts and molds survived on sponges soaked in bleach, lemon juice, deionized water or left untreated.

Thus microwave heating and dishwashing with a drying cycle proved to be the most effective methods for inactivating bacteria, yeasts and molds on sponges. These simple and convenient treatments can help ensure that contaminated sponges don't spread foodborne pathogens around household kitchens of today's busy families.

The Buzz is happy to feature poetry from Julie Rogers in upcoming issues. These poems are selections inspired locally in the Colestin and are from an as yet

unpublished manuscript entitled "Waking in the Natural World". Thank you, Julie, for sharing them with us.

Being with the Birds

Black bodies of trees
fill the forest, coming undone,
sifting to darkness.
Crickets, a crowd singing
a single tune. No room
for light, its time is gone,
the sun forgotten. Only
this sweep of wakening stars
blinking in the night sky,
breathing soft cobalt breath
over the edges of hills.
This is the place
where thought dissolves
into being. No more
can be said, our words
are the silent birds.

Trash Picked Up!

Neighbors joined in on our annual roadside clean-up this past Sunday, and it really looks great! Thanks to Mt. Ashland volunteers for their work along the Ski Road from mile marker one up to the ski lodge. Thanks to Sandy & Jack Sutherland, Mike Engelstein, Donna Mae & Jim Fiore, Matt Moore, Nancy & Abe Bringhurst, and Lisa Buttrey for work done from Exit 6 to the Colestin Road. Join us next year for an hour and then enjoy the fruits of your labors with every trip into town.

It's well worth the effort!

Come Enjoy Indigo Ray's Iris Garden !

Indigo Ray's annual Garden Party Potluck and Iris Viewing will be Sunday June 3rd at 2 p.m. If you can't join in the festivities, Indigo invites you to call or just drop by to view the irises any time between May 26th and June 16th. Indigo says the irises are meant for everyone's enjoyment. I encourage you to take the time to visit. The colors and varieties are truly fantastic!

For Sale

1974 double wide mobile home. \$12,000 OBO. To be moved June/July.
Please call Jacek at 541-941-3252

Yalla!

Wild Women of the Coleslin!

Come dance the ancient art of belly dance at the new dance studio in Coleslin, ZabaraH! Bellydance is ideal for all ages, shapes, and abilities. This empowering dance offers everyone a magical, holistic and therapeutic experience. So, if you're ready for a fun girl's night out, come join us in celebrating the feminine soul and inner spirit as never before!

When: Starting in June, Fridays 7:30pm-9:00pm

Where: 1894 Coleslin, at the ZabaraH studio

Contact: Karen Dwyer (Caireen) @ 210-7106 for more info

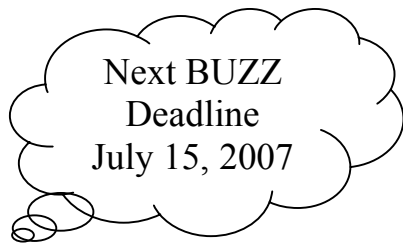
Bring: Wear comfortable clothes, water to drink and a smile!

ZabaraH

Wild Women of the Ancient Art

Colestin Valley Buzz

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Cost for Buzz Year July 2006-July 2007 is \$8 for bi-monthly issues. Snip the subscription strip below and send it along with your cash or check to:

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