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Why You Should Care About Antibiotic Resistance

Antibiotics are critical tools for treatment and control of diseases in livestock. Antibiotic resistance threatens the use of antibiotics in livestock for two important reasons. If resistance develops, the antibiotic may not be effective in treating the disease. Increased antibiotic resistance could lead to policies limiting access to antibiotics for use in livestock.

Although the major contributor to antibiotic resistance in humans is antibiotic use in human medicine, many studies agree that antibiotic use in animals has added to the resistance problem, particularly when considering enteric (gut) bacteria. More than 15 classes of antibiotics have been developed to kill bacteria in humans or livestock. Over time, all have become associated with resistance.

There are four ways that the bacteria become resistant to antibiotics.

Some bacteria develop resistance by altering their cell wall to prevent the antibiotic from entering the bacteria.

Some bacteria develop resistance to antibiotics by changing the shape or structure of the binding site for the antibiotic within the bacteria. Because the antibiotic is no longer able to bind with it, the antibiotic is rendered ineffective.

Sometimes the bacteria becomes inactive. This usually involves the production of an enzyme or compound by the bacteria that inactivates the antibiotics.

Antibiotics must accumulate in bacteria cells at concentrations high enough to kill or inhibit the growth of the bacteria. Some bacteria are able to literally “pump” the antibiotic out of the cell, decreasing the concentration and effectiveness of the antibiotic.

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Preparing For the Winter Food Olympics!

Starting with Halloween in October through Super Bowl Sunday in January, there's one eating event after another. A study by researchers at the National Institute of Child Health and Development and the National Institute of Diabetes and Digestive and Kidney Diseases suggest that Americans probably gain about a pound during the winter holiday season. But the extra weight accumulates through the years and may be a major contributor to obesity later in life. If there were an "Olympics for Eating," this would be it.

The games begin with the Halloween candy kickoff. Halloween candy collected by your kids...candy unloaded at the office...candy stockpiled from last year...In this kickoff you have to be careful or it could be pounds, not yards gained!

Following is the Thanksgiving gobble. Though many of us have stopped stuffing our turkeys, we're still stuffing ourselves.

Next is the December decathlon—a series of holiday get-togethers where we get together with our friends over food. "Try this, try that," our munching friends encourage, and suddenly, we're caught in trying times.

Then, the New Year's celebration challenge, lasting until midnight or later, provides ample opportunity to munch too much.

The Winter Food Olympics end with the Super Bowl bonanza. The field is filled with food and refreshments.

Who wins the Winter Food Olympics? Those who maintain their weight! Start training now so these eating events don't weigh you down. Here are seven strategies for success:

1. Have a game plan. When approaching an obstacle course full of fat and calories, plan your strategies in advance:
 - *Equip yourself—bring lower-calorie drinks or munchies.
 - *Avoid weight penalties by choosing smaller portions.
 - *Position yourself away from pastries and heaping platters.
 - *Concentrate on conversing, not on eating cookies.
2. Choose events carefully. Ask "how does it rate?" Before you put it on your plate. The food events where you can score the most points (and fewest calories) include lots of fruits, vegetables and low-fat, low-sugar goodies! With a good game plan, you can include a few traditional offerings such as your Aunt's raisin cream pie or Grandma's sugar cookies.
3. Get in condition. Lift weights or take a walk to help your waistline. The earlier you start an exercise program, the greater the benefits. Exercise and added muscle boost your metabolism. That helps to burn holiday calories.
4. Find a trainer. Prepare for the Winter Food Olympics by learning new techniques. Check your local library or look for lower calories versions of holiday foods.
5. Practice Pre-Competition Eating. Eat a light snack before the event begins. Take the edge off your appetite to avoid eating too much later on. Resist overloading on calories earlier in the day. Keep a few calories in reserve so you can enjoy a few goodies without guilt.
6. At the event. Pace yourself:
 - *Alternate between higher and lower calorie foods.
 - *Bypass second helpings—or take half as much the first time through.
 - *Avoid spending too much time at the dessert table.
 - *Mingle more than you munch.
7. Enjoy the closing ceremony. As you weigh in at the finish line, rejoice in clearing the holiday hurdles. Congratulate yourself on successfully completing the Winter Food Olympics!

**Nancy Nelson
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Family Life**

Laundry News

Here's some label information that's good to know and, also a stain removal tip.

Q: The cold weather means I get to wear my favorite scarf. I noticed that it smells a little musty. What is the best way to clean it?

A: Most people never think to wash their scarves, but we wear them next to our skin, so they get oil and perfumes on them which can cause fabric damage. A scarf you wear most days should be washed every couple weeks especially during the cold season. And if you clip off the care label, either keep it for reference or snap a picture to refer back to. Following an item's specific care instructions is the best way to make it last longer.

Q: I have a blouse made of 95% cotton that I need to launder. However, the manufacturer's care label says professional dry clean only. Why can't I hand wash or put it in the washing machine?

A: There are many reasons why your garment might have a "professional dry clean only" care label. Washing might harm the buttons or the trim. Or the dyes might run if the garment is washed. In addition, some fabrics, such as cotton, shrink when washed—unless they have been preshrunk in the manufacturing process. Even if the fabric in your blouse was preshrunk, the garment manufacturer may fear that some residual shrinkage could occur. Most manufacturers choose care labels that cover the "worst case" scenario. So, if you decide to wash the garment, choose hand washing in cool water—and know that you do so at your own risk.

Q: How do I remove Halloween makeup stains from my kids' clothes?

A: Face paint or other makeup is becoming more popular than masks at Halloween. It's fun to use and it's also safer because it doesn't obstruct kids' vision like a mask does. Pretreat stains with a prewash stain remover, and then launder.