

Extension Notes



Range Unit Meeting Set

Sidwalter Grazing Association is having a potluck dinner and meeting at the Marcia Soliz house on January 26 at 7:00 p.m.

Purpose of the meeting is to continue working on their grazing permit for Range Committee and Tribal Council Approval.

Cattle Are Dying

A great number of cattle came in this last fall and winter in very poor condition. With the cold weather, snow, lack of feed and old age, a number of cattle are being found dead.

For the most part these animals are dying from starvation. It's very important that a number of things be done immediately:

1. Each pregnant cow should receive at least 22-25 lbs. of hay each day. (If there is grass in the pasture the total amount of hay can be reduced.) Make sure the 22-25 lbs. of hay has adequate protein. If feeding grass straw then feed 10 lbs. alfalfa and 15 lbs. of grass straw.
2. If no alfalfa, barley or oat hay with good protein content is

fed then protein supplement be added in addition to the 25 lbs. of hay.

3. All thin animals that are not gaining or looking better after being on feed should be removed from the herd and fed separately.

4. All old animals should be sold. Old animals lose their teeth and no matter how well they are fed, they fail to pick up.

A balance mineral should be given to the herd that has calcium and phosphorous in it. This is in addition to the red or yellow salt that is normally fed.

6. Because cattle are in a weak condition the lice problem is going to be very serious this year. Make sure all cattle are treated to remove lice.

Hay Payments Possible

If you started to feed your cattle earlier this year because of the drought you may be eligible for reimbursement under the Emergency Feed Program. The program is designed to help those individuals who because of drought were forced to buy and feed hay or other

types of feed earlier than in a normal year. Only cattle are eligible to receive reimbursement and the reimbursement is only part of the total feeding bill.

To find out if you are eligible contact Sam Brown at the ASCS office in Madras or Clint Jacks. This should be done as soon as possible.

How to Shed Pounds For Good!

An extra tablespoon of butter a day can turn into 10 pounds of fat by the end of a year. The difference between gaining or losing pounds over the months is usually just a matter of those few extra calories every day, says Susan Gangler, Warm Springs Extension agent.

This time of year many persons resolve to shed those excess pounds. Unfortunately, putting on pounds is easier than taking them off and keeping them off. To lose weight, it's necessary to eat less and exercise more. Selection of a diet is an important decision that shouldn't be made hastily.

We're constantly exposed to a multitude of diets that promise instant success. These include low carbohydrate diets, high protein diets, one-food diets and the latest craze, liquid protein diets. You should evaluate these diets carefully before giving them a try.

Carolyn Raab, Oregon State University Extension foods and nutrition specialist, suggests considering these questions before selecting a weight control diet:

1. Does the diet provide the nutrients I need?

Foods from each of the basic four groups must be included in adequate amounts: fruits and vegetables, breads and cereals,

milk and milk products, meat and meat alternates: If any type of food is limited or left out, your health could be endangered.

2. Will I lose weight at a safe, moderate pace?

A weight loss greater than 1 or 2 pounds a week could be harmful.

3. Does the diet fit my lifestyle?

A reducing diet should help you make permanent changes in your eating habits to keep off weight. The diet should include foods that you and your family are accustomed to eating.

4. Does the diet fit my budget?

Exercise should also be an important part of a weight reduction program. Even a change of daily habits can help keep off unwanted pounds. For instance, don't use a machine if you can reasonably use body power: climb the stairs rather than using the elevator; walk or ride a bicycle rather than driving a car; beat cake batter by hand rather than using a mixer; use a snow shovel rather than a snow blower.

Although dieting and exercising will eventually result in weight loss, there aren't any magical ways to make pounds disappear. Prevention is definitely better than cure, Ms. Raab concludes.

Title IV-A Meeting

Title IV Part A Parent Committee Chairman Fabian Sutterlee invites all interested parents to attend their next meeting Monday, January 16 and join in the budget process.

The meeting will be at 7:30 in the Warm Springs Grade School Skills Center, adjacent to the library.

Man Convicted in Stabbing

A Portland man was convicted Monday, January 9 by a Multnomah County Circuit Court jury in the November 3 stabbing death of Larisa Wahnetah, 6, a Warm Springs tribal member.

No date was set for the sentencing of Phyll Mendacino, 22, also known as Joe Feathercrow. He faces the mandatory life prison term carried by a murder conviction under Oregon Law.

Medacino shared a Portland apartment with the girl, her two brothers and their mother Wanda VanPelt. The mother was not home at the time of the incident.

From The Tribal Drug Program

Over-The-Counter-Drugs

What are over-the-counter drugs? They are drugs you can buy without a prescription. Anyone can walk into any store and buy them, there is no age limit. Over-the-counter-drugs can be aspirin, alka-seltzer, cold medicines, cough syrups, ex-lax, rubbing alcohol, etc. . . .

Thirty years ago there were only fifty to sixty over-the-counter-drugs available to the public. Today there are over 100,000 available with more drugs being discovered on a daily basis. Many drugs on the market haven't been proven to be safe and sometimes a number of people die before a certain type of drug is taken off the market.

Advertisement is the greatest pusher for legal drugs. People as a whole are being encouraged to take drugs by watching T.V. commercials, listening to the commercials on the

radio or by seeing various advertisements on billboards and posters. Advertisement is meant to catch the viewer's attention. This is the reason some commercials seem goofy and silly, but it does catch our attention and we do watch.

In order to sell their products, companies have to make people believe or at least give people the incentive to try the product. Many times you may go to a store to buy some type of medication but you are undecided. As you are browsing down the aisle you may get a flashback of a T.V. commercial and because you remembered the commercial you buy that certain brand.

Think back to those T.V. commercials, it might go like this: A lady is cleaning house and she begins to get a nagging headache. Sometimes they'll show the inside of a head with

lip or other birth defects. But use of these tranquilizers during pregnancy is rarely a matter of urgency, and their use during this time should almost always be avoided. The warning label we are now requiring will provide physicians with the information they need to prescribe these drugs safely."

The warning must appear in the labeling provided to physicians, must be set in boldface

type and be apart from other labels. It will advise physicians that before prescribing these tranquilizers for a woman of child-bearing age, they should consider the possibility that she may be pregnant. The warning will further advise physicians to tell women of childbearing age that if they become pregnant or wish to become pregnant while taking these drugs, they should discuss with their physicians the desirability of discontinuing the drug.

mechanical moving parts. Since the lady has a nagging headache the parts aren't functioning right, they're running really slow or pounding loudly to indicate a headache.

The lady takes Brand A but within an hour her headache returns. Her neighbor just happens to drop by and tells her that she takes Brand B and it just so happens she has Brand B with her and gives her Brand B to try. The lady takes Brand B and her headache goes away and the mechanical parts in her head begins to run smoothly.

Advertisements can be misleading and give people the wrong impression of what a drug can and cannot do. We are a brainwashed society. Companies spend millions and millions of dollars for advertisements for T.V. and radio commercials and advertisement space, and we suck it all in.

The Food and Drug Administration is aware of the lack of control over drugs available to the public and is currently working on the problem. We will see many drugs yanked off the shelves either because they are proven to be unsafe or for various other reasons. False advertisement will be monitored. Before a drug can be advertised to do certain things, it must be proven. If a drug can be harmful to your health it must be printed on the label. However this will take years and with new drugs being discovered on a daily basis the Food and Drug Administration may never be able to catch up.

Over-the-counter-drugs will always be available, therefore the responsibility lies with each one of us. The best thing to remember is that no drug is 100 per cent safe regardless of how harmless you think it is. Aspirin may appear to be harmless but people do die from overdoses of aspirin and some people cannot take aspirin at all. If we aren't careful, drugs will control us, we won't be able to control the drug.

Children Respond to Encouragement From Parents

In response to the urgings of a friend to run away with him, a mother recently heard her sixth grade son say, "Heck no, I've never had it so good."

How many children feel that way about their home lives? asks Marcelle Straatman, Oregon State University Extension human development specialist.

Although programs in the community, school and church play a significant role in the development of children, home still the most important source of character building. Having parents who provide understanding, love, and encouragement helps children grow into responsible teenagers.

Motivated by a desire to teach good behavior, parents may resort to cutting remarks and criticisms of their children's shortcomings. These only foster humiliation, rebellion and in-

security, Mrs. Straatman points out.

Parents need to realize that children bloom with encouragement and praise. Parents should understand that children who are constantly told they are stupid will believe it.

"If children are constantly criticized for the way they perform chores, they will eventually resist taking any responsibility because they will think they can't do anything right," says Mrs. Straatman.

Parents can take advantage of their children's desire for recognition and acceptance by praising good behavior. Doing so will bring more good behavior.

Mrs. Straatman suggests that parents consider the positive contributions they have made to their children's lives each day. They should try to make home an enjoyable place for their children to be.