

Cutting down on sugar

Recent figures show that Americans may eat too much sugar. Over consumption of sugar may increase tooth decay, contribute to obesity or cut down the intake of nutrients important to good health. If you'd like to cut down, here's help from Extension nutrition specialist, Margaret Bakke.

"Sugar is found in any of the foods we eat, breakfast cereals,

catsup, and convenience foods as well as soft drinks, jams, jellies and desserts.

To avoid eating too much sugar, use less of all the sugars including plain sugar, brown sugar, honey and syrups. Also eat less food that contains these sugars. Other names for sugar include sucrose, glucose, maltose, dextrose, lactose, fructose or corn syrup.

Americans eat on the



average, 130 pounds of sugar per person a year. By cutting down, you may increase your chances of better health. That's an idea from the Oregon State University Extension Service.

Extension Notes



from Pennie Little and Clint Jacks

Planting a new lawn

September is a good time to plant new a lawn or to renovate an old one. The cooler weather in the early fall helps to get a new lawn off to a fast start. But don't wait too long into the fall because colder weather will delay germination and growth.

Planting a lawn or renovating spots in an existing lawn should take place in orderly steps. If the area to be planted is gravelly or consists of heavy clay, it will be necessary to add topsoil to a depth of six inches. But first the sub-grade should be leveled to conform to the slope and topography desired.

Topsoil is not always necessary. If it is not, simply rototill grade and level.

While spreading, leveling and firming the topsoil, work a complete fertilizer containing nitrogen, phosphorus and potassium, such as 16-16-16

into the soil surface. Apply at a rate of 15-20 pounds per 1,000 square feet.

Then water thoroughly, let dry sufficiently so it can be rolled and firmed, and given a final hand-raking.

The standard lawn grass variety is Kentucky bluegrass. It may be combined with fine-leaved fescues for greater shade tolerance. In either case, it is seeded at a rate of 3 to 4 pounds per 1000 square feet.

Turf-type perennial ryegrasses are also being and are seeded at 5 lbs. per 1000 square feet.

Distribute the grass seed with a fertilizer spreader or by hand. Go over the area in different directions to assure an even distribution. Then cover the seed by dragging a rake very lightly over the surface.

It is important to leave the surface rough. Lawns should be rolled before seeding, but

never afterward. The rough surface will prevent crusting. A crust, of course, might keep the grass from emerging.

Keep the surface moist by frequent watering the first ten days or so. This may mean as many as three waterings a day when the sun is out. After the grass emerges, watering can be reduced as the roots develop.

The new lawn should be mowed whenever there is anything to cut. Frequent mowing when the grass is young will hasten thickening. Set the mower at standard height (3/4 inch for mixtures containing bentgrass, 1 1/2 inches for bluegrass or perennial ryegrass). Mowing before watering to avoid compacting the wet soil.

Additional information is available in a packet "Starting a New Lawn" at the Extension Office.

Some foods travel better

Americans are on the move. Whether hiking, biking, or driving, food is an important part of any trip. You can cut your food expenses on any trip if you plan to do your own cooking the safe way.

You don't need elaborate camping gear or recreational vehicles to cook on car trips. Simple meals requiring little or no cooking can be served at a roadside rest area or picnic site. For in-the-car eating, choose foods that are easy to clean-up like nuts, raisins, dried and fresh fruits or crisp raw vegetables. Avoid sticky, greasy or juicy foods. If you're traveling with children, you might want to pack a separate thermos or insulated jug with a

beverage, such as lemonade or iced tea. It helps keep every gas stop from becoming a soft drink break, too.

If your packing doesn't allow room for a cooler, plan to take only staples and buy perishables along the way. Be sure not to buy more food than you can use at one meal. Perishable leftovers won't keep unless refrigerated. Plan to pack the following items in your roadside picnic survival kit (no cooler required): dried and canned fruit, fruit juices, nuts, dried cereals, canned meat and seafood, pickles and olives, paper plates, cups and napkins, can and bottle openers, a paring knife and trash bags.

Hay purchase

Livestockmen should have by now contacted their hay sellers and made arrangements for their hay needs. It's possible that supplies will be down and prices even higher than they are now. Currently alfalfa is selling for \$90-\$110/ton, grain hay \$80 - \$90/ton, threshed bluegrass hay \$40 - \$55/ton.

Two individuals here at Warm Springs still have hay for sale. Buford Johnson and Olney Sr. both have barley grain hay.

State Fair tickets on sale

Again this year, persons planning to attend the Oregon State Fair August 23 - September 1 can save money and support Oregon's 4-H Program by buying their tickets in advance.

According to Ron Campbell, executive director, the Oregon 4-H Foundation has an exclusive arrangement with the State Fair to sell \$3.00 admission tickets for \$2.50. The Foundation will receive 50 cents from each ticket sold.

Tickets are on sale now at the Warm Springs Extension Office.

The advanced ticket sale plan was used the last two years and raised several thousand dollars for the foundation to use in support of Extension Service's youth education program.

The foundation receives money from the private sector to be used to help finance new 4-H program ideas, to support volunteer 4-H leader and 4-H member training programs, and to develop the Oregon 4-H Center near Salem.

On August 28, come to the fair and watch Warm Springs 4-H members show displays of 4-H Club work done in the past year. Displays will be set up in the 4-H Building from 11:00 - 3:00 p.m. that day.

Indian exhibits, participation urged at Tygh Valley

Wasco County Fair

30 Miles South of The Dalles
August 21 - 22 - 23 - 24, 1980

FAIR BOARD

Ken Webb - Buck Coe - Charles Dunlap - Jack Alsop
and Ed Hagen

All Oregon Indians Admitted to the Grounds Free
PREMIUM LIST FOR EXHIBITS OF
Bead Work and Indian Handicraft

All exhibits must be entered on Thursday, August 21st.
JUDGING IS 9:00 A.M., FRIDAY AUGUST 22ND
Romagene Joe, Chairman Exhibit Booth

	1st	2nd	3rd
1A. Complete Costume (Women)	\$6.00	\$3.50	\$2.50
1B. Complete Costume (Men)	6.00	3.50	2.50
2A. War Bonnet	4.00	3.00	2.00
2B. Princess Hats	4.00	3.00	2.00
3A. Moccasins - Beaded (Men)	4.00	3.00	2.00
3B. Moccasins - Beaded (Women)	4.00	3.00	2.00
4A. Work Moccasins (Men)	3.00	2.50	2.00
4B. Work Moccasins (Women)	3.00	2.50	2.00
5A. Gloves - Beaded (Men)	4.00	3.00	2.00
5B. Gloves - Beaded (Women)	4.00	3.00	2.00
6A. Work Gloves (Men)	3.00	2.50	2.00
6B. Work Gloves (Women)	3.00	2.50	2.00
7. Bags - Beaded (large)	5.00	4.00	2.50
7A. Bags - Beaded (medium)	4.00	3.00	2.00
8. Bags - Beaded (small)	5.00	4.00	2.50
9. Bags - Cornhusk (large)	4.00	3.00	2.00
10. Bags - Cornhusk (medium)	4.00	3.00	2.00
11. Bags - Cornhusk (small)	4.00	3.00	2.00
12. Vests	4.00	3.00	2.00
13. Buckskin wing dresses-Beaded	4.00	3.00	2.00
14. Baby Board - Decorated	5.00	3.00	2.00
15. Indian Suitcase	5.00	2.50	2.00
16. Indian Horse Trappings	5.00	3.50	2.50
17. Large Klickitat Basket	4.00	3.50	2.00
18. Medium Klickitat Basket	4.00	3.50	2.00
19. Small Klickitat Basket	4.00	3.50	2.00
20. Souvenirs - Best set of six	5.00	3.50	2.00
21. Miscellaneous Exhibits	20.00	15.00	12.50

OTHER INDIAN PARTICIPATION

Tepees:

The Fair will pay a premium for Tepees erected on the grounds in the area designated for that purpose by the Fair Board.

Any tepee less than five feet in diameter and six feet tall shall be disqualified for payment. All Indian Tepees shall be in place on the opening day to qualify for payment.

Except for setting up the tepee, no motor vehicle will be allowed in the tepee area. Parking is available just north of camp area.

(Tepees at the fair are for exhibit, and grounds around them must be kept clean, garbage must be placed in garbage barrels. Failure to do so will be cause for forfeiture of payment.) The payment for tepees is as listed:

Large: \$10.00 Small: \$5.00

Indians in Parade:

Indians will be expected to dress in full regalia for the parades of Saturday evening and Sunday afternoon. No adult Indian dressed in ordinary cloths shall be entitled to parade money. Indian children under 12 years of age and not in costume; shall receive 25c. Payment for all Indians in costume shall be \$1.00 per person, whether on foot or horseback. Drivers of decorated vehicles hauling people shall receive a \$3.00 payment.

A mounted Indian Princess riding in the Grand Entry Saturday evening and Sunday afternoon will receive an award of \$25.00. She must be dressed in full Indian Regalia, and be registered at the Fair Office by Saturday at 6:00 p.m. If more than one entry, a Committee appointed by the Fair Board will select the Princess.

Kids Day:

On Thursday, August 21, the Fair has designated Kid's Day with Special entertainment and prizes. Upon entering the Grand Entry the children will be given a ticket for Carnival Rides, and all children will be eligible to enter the contests on the track with special awards for each.

Indian Races:

On Saturday and Sunday, August 23 - 24, there will be assorted Indian Races, subject to participation. Please contact Race Committee.

Fair Racing Committee

KEN WEBB VERN HANNA RICK HARVEY