

Mid-Columbia Horse Conference Feb. 23, 24

After a two year absence the highly regarded Mid-Columbia Horse Conference will be held on Saturday and Sunday, February 23 and 24. The educational program will begin at 9:00 a.m. at the Portage Inn in The Dalles, Oregon.

The twenty member planning committee of area horsemen developed a program around the basics of starting the snaffle bit or cutting horse, marketing of horses, and equine veterinary developments.

Noted snaffle bit and cutting horse trainer, Bob Knutson from Paso Robles, California will be the featured speaker for the Saturday lectures and demonstrations. The well qualified Mr. Knutson has trained and shown the AQHA World Champion Working Cow Horse, the Cow Palace Stock Horse Sweepstakes Champion for three consecutive years and was the 1982 Cow Palace Snaffle Bit Futur-

ity Champion. He has been the California Reined Cow Horse Association Open Bridle Horse Champion for four consecutive years. He won the open division of the All-Around Stock Horse Contest sponsored by the Flying U Rodeo Company. In 1982 he trained the Arizona Snaffle Bit Futurity Reserve Champion. 1983 was a very successful year when he showed the California Snaffle Bit Maturity Reserve Champion, finished in the top five of the National Cutting Horse Association \$1,000 Novice Division and finished in the top ten of the Pacific Coast Cutting Horse Open Division. Earlier this year he was Reserve Champion at the Canadian Snaffle Bit Futurity.

Also on Saturday, the team of Jo Doyle from Lewiston, Idaho and Sharon Fouts from Goldendale, Washington will give a presentation and demonstration on the application of

dressage techniques in various performance events including games, jumping, pleasure, and stock horse events. A Saturday evening open discussion session at the Portage Inn will include all three of the speakers from that day.

Sunday morning well known horse marketing expert, Ben Scott, from Lake Stevens, Washington will present ways to enhance your ability to market horses more effectively. Mr. Scott is a horseman that has given numerous equine marketing seminars in the northwest.

The Sunday afternoon session will feature a panel of area veterinarians presenting updates on new developments and treatments in equine veterinary medicine. Included on the panel will be nationally known and respected Dr. Jerry Harsch from Goldendale, Washington. Also included will be Dr. Wally Wolf from The Dalles, Oregon and

Dr. Mike Foss from White Salmon, Washington. The panel session will conclude with an open discussion with the veterinarians.

This week with the weekend format we expect some older 4-H members to attend. A reduced rate of \$30 has been set for 4-H members. Regular registration is \$50. These fees will include all sessions, luncheons on Saturday and Sunday and a copy of the proceedings for each registrant. Pre-registrations will be due by February 11.

The planning committee has worked hard to provide a program that will be beneficial to the horse industry of the Northwest. Any suggestions or ideas for future conferences can be sent to John Fouts, Klickitat County Extension Agent, 228, W. Main, Room 210, Goldendale, Washington 98620.



OREGON STATE UNIVERSITY
**EXTENSION
SERVICE**

**Clay Penhollow
Mollie Driscoll**

Youth fitness, adult health

Q. Is it true girls don't have to worry about physical fitness?

A. Far from it. They need and have every right to be fit. They should have the same opportunities and encouragement as boys.

Q. When should my child start swimming lessons?

A. Most coaches agree that children from seven to eight are usually ready for lessons and the regular training programs

that are required for swimming as well as tennis, gymnastics, dancing, figure skating and the like.

Q. What is the single most important thing I can do for my child's fitness?

A. Nothing is more important than setting a good example. Parents who enjoy regular exercise and eat wisely tend to raise healthy, lively children. Youth fitness means adult health.

Hints make kitchen safer

Following a few easy hints and using a good dose of common sense can make your kitchen a much safer place to work in!

*Keep your knives sharp so that extra pressure won't have to be applied causing an accident.

*Wash and Dry knives and other sharp utensils after use so that they won't lie hidden under something on the counter or in soapy water—an accident looking for a place to happen. Store them properly.

*Dry your hands immediately after washing to prevent dropping things and to insure safety with electrical appliances.

*Inspect your electrical cords regularly for wear and tear. Kitchen appliances such as food processors draw lots of electric-

ity, and frayed cords can cause kitchen fires.

*Keep your rangetop clean and clear. Flammable materials such as wooden spoons, pot-holders and plastic food containers should be kept away from heating elements.

*In case a fire does break out keep a box of baking soda or fire extinguisher handy for small flareups.

*Remember that electrical elements hold their heat even after they are turned off—so don't touch.

Keeping a clean oven is not only important for sanitary reasons but also for safety. Baked on grease and grime can actually help to feed an oven fire, so keep it clean!

Myths about exercise

1. Housework isn't exercise. Expenditures of physical energy, regardless of where they take place, can be classified as exercise, so housework definitely qualifies. Mopping the floor for a half-hour has as much value as a brisk walk; climbing stairs accomplishes the same thing as climbing hills; and even sweeping or ironing does as much for fitness as an equal amount of time spent bowling or playing golf with a start.

2. To be beneficial, exercise must be exhausting. Exhausting, no. Healthfully fatiguing, yes. An exercise worthy of the name ought to be vigorous enough to tax your body somewhat. Unless your heart is beating faster, and you're tired and a bit out of breath afterward, you haven't really exercised, but have merely "gone through the motions." In fact, as fitness improves, it becomes necessary to exercise harder and for longer periods in order to get the same tonic effect and achieve further improvements.

3. Children don't need regular programs and exercise. The average child does. Even though he starts out more than active enough to maintain a state of physical fitness, his physical activity tends to dwindle as time goes by. By the time he's in high school, he devotes perhaps two hours a week to pursuits calling for the use of physical energy. And the overweigh child who

often shies away from participation in active games is ever more in need for regular exercise.

4. It's dangerous for a pregnant woman to exercise. Exercise kept within sensible bounds poses no threat to a pregnant woman as long as she is free of conditions that would, in the estimation of her obstetrician, rule it out. In fact, appropriate exercise offers the pregnant women an added advantage because it tones up the back and abdominal muscles, which must perform during the birth process. Exercise may even be helpful in preventing the backaches that frequently follow childbirth.

5. Exercise is risky for persons over 40. Precluding accidents, exercise is never risky for a healthy person who is accustomed to it, regardless of his age. But anyone out of condition should scrupulously observe these precautions:

*Get a medical checkup and your doctor's okay before plunging into any exercise program.

*Take a few minutes to warm up before vigorous exercise, and cool down slowly afterward; this acts as a safeguard against the strain that could result when the body is forced to spring abruptly into high gear from a state of rest and back again.

*Play it safe by resisting any temptation to keep pace with people who are in better condition or more used to strenuous activity than you are.

*Don't overdo. Remember: from day to day there may be great variation in the physical activity you can do. You're going at it too long or too strenuously if your heart is still beating noticeably harder and you're out of breath five minutes after you exercise.

*Heed the warning signals. Nausea, extreme breathlessness, pounding in the head, or pain in the chest during an exercise period, or, for that matter, during any physical activity, means

that you're exceeding the limits of your endurance and should stop at once.

6. Exercise automatically increases your life-span. With so many factors involved in longevity (heredity is a very important one) no one can offer such a guarantee. Nor can anyone promise that exercise will provide immunity against infectious illness, heart attacks, or strokes. What medical authorities see in exercise is an aid in coping with physical and mental stress, and a way to develop and hold a level of vitality that lets us enjoy life more, however long it may be.

Micro potatoes parmesan

2 tablespoons butter or margarine
2 medium potatoes, unpeeled (about 2/3 pound), sliced 1/4 inch thick
1/3 cup chopped onion
1 clove garlic, minced
1/2 cup 1-inch green pepper chunks
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup grated Parmesan cheese
Paprika
Chopped parsley
Melt butter in shallow 9-inch

dish in microwave oven. Add potatoes, onion and garlic; toss. Cover loosely with plastic wrap and place in microwave oven on high power for five minutes. Stir in green pepper, salt and pepper; toss, cover and microwave on full power three minutes. Gently mix in cheese. Toss gently and dust with paprika. Microwave on high power, uncovered, three minutes. Let rest two minutes. Sprinkle with parsley.

Makes two or three servings.

Your money matters

Four letters about financial planning sent to you at home.

Your Money Matter\$ to you: you spend a lot of time earning money. Spend some time thinking about how to spend your money.

When you enroll in this free program, some of the things you'll learn are:

*How to make a family spending plan.

*How to manage your use of credit.

*How to protect against financial loss.

*How to make your money grow.

Many young couples make mistakes managing money because they lack information and experience. Let the Extension Service point you toward financial health and stability.

Sign up now.

Remember, Your Money Matters\$

Pregnancy increases iron need

Pregnant women often need to increase their intake of iron to meet the demands made on their bodies by the pregnancy.

Iron in food comes in two forms and the body uses each in a different way. Heme iron is from red meat—beef, lamb, pork and venison. The body absorbs about 23 percent of this iron. The iron from eggs, cereals, bread, vegetables and fruit is non-heme iron. The body absorbs about 3-8 percent of this iron.

Along with the different forms of iron, what you eat or drink at the same time can effect how much of that iron the body is able to use.

Heme iron helps the abortion of non-heme iron. Orange juice with your cereal or toast is not only tasty, it makes good nutritional sense.

On the other hand, coffee or tea with or after a meal interferes with the use of non-heme iron. Perhaps the best plan is to have the cup of tea or coffee an hour before you eat. When you eat, the beverage to choose is milk, juice or water. Then wait at least an hour before drinking coffee or tea.

If the doctor has prescribed an iron supplement, try taking it with orange or grapefruit and remember, no coffee or tea for an hour before or after taking it.

While these suggestions are especially important for pregnant women, they work for anyone. Teenage girls, women and young children are often anemic and need to increase their iron intake.

Sewing class for beginners

Beginning sewing Class: Mondays, March 4, 11, 18, and 25, 1985, at the Warm Springs 4-H Center, 7:00 to 9:00 p.m.

Any persons wishing to learn the basics of sewing is welcome to attend. You need not have a machine to learn. The OSU Extension Service has machines for in class use. If you are interested please contact Mollie Driscoll at the Extension Office, call 553-1161, ext. 238 or 239 for more details.

Microwave potatoes for high nutrition

Microwave cooking has simplified many busy lives, and potatoes are terrific in the microwave. It helps keep all that high quality nutrition intact and brings out the terrific potato flavor. Try Microwave Scalloped Potatoes or Micro Potatoes Parmesan (recipes follow) the next time you're short on time. Microwave Scalloped Potatoes

1/2 cup shredded Cheddar cheese
2 tablespoons grated Parmesan cheese
1/4 teaspoon paprika

Put all ingredients, except cheeses and paprika, into 8-inch round glass baking dish. Cover loosely with plastic wrap. Microwave on high power four minutes; remove. Stir. Cover and cook four minutes more. Combine cheeses and paprika; sprinkle over potatoes. Cook uncovered two minutes more.

Let stand five minutes. Serve hot.

Makes six servings.

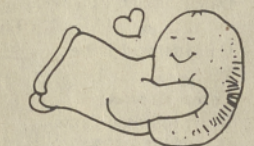
Conventional method: Put sliced potatoes in saucepan with all ingredients, except cheeses and paprika. Bring to boil, stirring. Cover pan, reduce heat and simmer 15 minutes. Turn potatoes and liquid into baking dish; top with cheeses and paprika. Bake in 400 degree oven for 15 to 20 minutes until lightly browned.

Aging parent planning

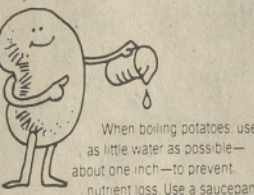
One of the questions people need to be asking themselves is "have you spent time planning for the part you might play in your parent's old age?"

Copies of "Aging Parents' Helping When Health Fails" are available through the Warm Springs OSU Extension Service, 553-1161, ext. 238, 239.

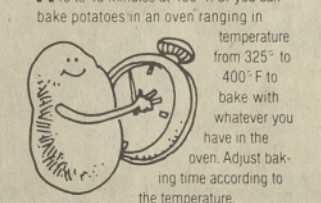
FEBRUARY 1985 POTATO LOVER'S MONTH



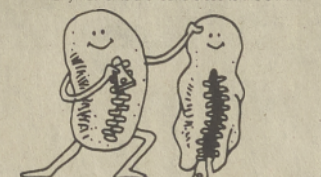
To bake potatoes, pierce the skin of each spud in several places to allow steam to escape. Bake directly on oven rack or cookie sheet until potatoes are soft when pinched with mittened hands or tested with a slim skewer or fork.



When boiling potatoes, use as little water as possible—about one inch—to prevent nutrient loss. Use a saucepan with a tight-fitting lid so water won't boil away during cooking.



A medium potato (1/3 pound) bakes in 40 to 45 minutes at 400°F. Or you can bake potatoes in an oven ranging in temperature from 325° to 400°F to bake with whatever you have in the oven. Adjust baking time according to the temperature.



Cook potatoes in their skins whenever possible to preserve nutrients. If you must peel them first, keep peelings as thin as possible. Many nutrients are found close to the skin.



Short on time? Microwave "bake" your potatoes. Prick potatoes in several places with a fork. On a double layer of paper toweling, arrange potatoes in a spoke fashion for even cooking. Cook on HIGH for 4 minutes for a medium to large potato plus 1-2 minutes more for each additional potato. Allow 5 minutes standing time after removing potatoes from the oven.

To steam potatoes, place a wire rack in the bottom of the saucepan and add water just below the level of the rack so potatoes cook above water.

