

Calcium needs detailed in chart, articles

According to recent government studies, many young people do not get enough calcium. In fact, females over 11 years of age were reported as one group at greatest risk of calcium deficiency. Prolonged calcium deficiency may lead to osteoporosis (fragile, brittle bones) in later years. This disease has reached epidemic proportions in the United States, especially among women. Over 15 million Americans have some degree of it and as a result, there are an estimated 1.3 million fractures each year. **Once a person develops osteoporosis, it is not reversible.**

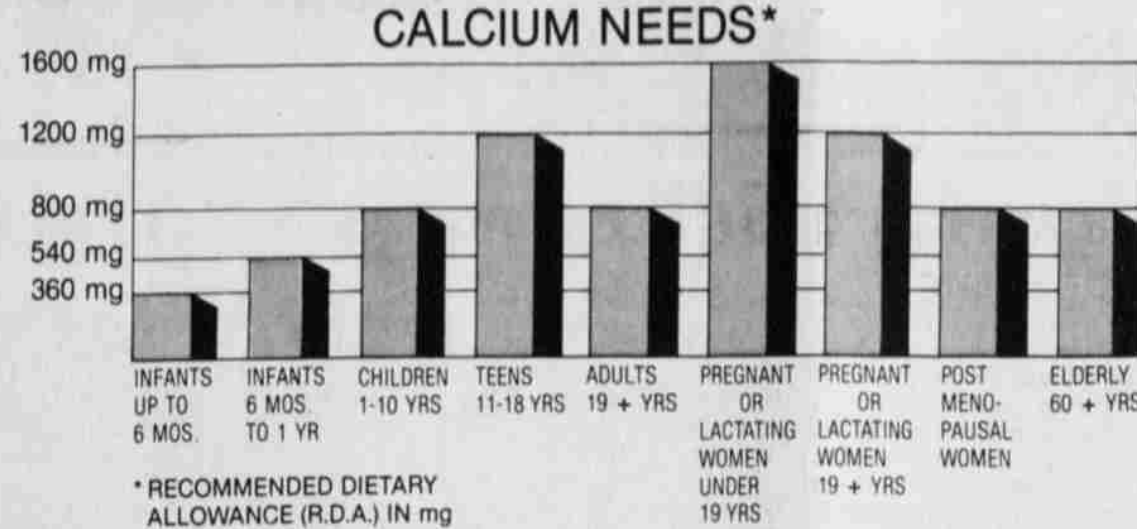
Consuming the RDA for calcium every day during childhood and the teen years promotes strong bones—the best deterrent for osteoporosis. **Moderate weight-bearing exercises such as walking, light jogging, bicycling, dancing and skating and the avoidance of cigarette smoking are also helpful in preventing this disease.**

The Calcium Choice: Dairy Foods

Dairy foods are the best and most abundant source of calcium in our food supply. Many products contain lactose and vitamin D which enhance calcium usage by the body.

The wide variety of products, available in lowfat, skim and whole milk, make it easy for children and teens to meet their RDA for calcium the delicious and natural way. Two excellent recipe booklets are available free of charge through

the Extension Service. "High Calcium Recipes for Growing Teens" and "High Calcium Recipes for Children." Call 553-1161, extension 238 to receive a copy.



**OREGON STATE UNIVERSITY
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Fruit salad recipe given

- Dressing**
- 1/2 cup plain lowfat yogurt
 - 2 teaspoons brown sugar
 - 1/4 teaspoon curry powder
 - 1/2 teaspoon ground cinnamon
- Salad**
- 2 naval oranges
 - 1 grapefruit
 - 2 tablespoons chopped walnuts
 - 1/4 cup raisins
- In a small bowl, stir yogurt until creamy.
 - Add sugar and spices to yogurt, mixing well. Set aside.
 - Mix raisins and walnuts.
 - Peel oranges and grapefruit and slice sections into bite-sized pieces. Add to walnuts and raisins.
 - Add yogurt mixture to fruit and mix lightly.
- The above recipe serves 4 and cost \$.28 per serving.
- Nutritional information (per serving):** calcium—95.5 mg.; fat—3.2 g.; cholesterol—1.75 mg.; sodium—21.85 mg. and calories—129.

Be safe during lightning storms!

At any moment, there are about 1,800 lightning storms occurring on earth.

This is how lightning occurs: In a thunderstorm, air turbulence causes a negative charge to build up in the underside of thunderclouds, while positive charges build up on the earth below. Streamers of positive charges constantly flow up from the earth—from tops of trees, the edges of eaves on houses, from poles, even from people as they walk through a large open space. Eventually, the thundercloud sends down toward the earth a nearly invisible, negatively charged jagged streamer. As it approaches the ground, at least one positively charged streamer shoots up to meet it. When the two streamers join, thus creating an ionized air channel between cloud and earth, a binding positive stroke of lightning flashes upward, from the earth to the cloud. In four-tenths of a second, several negative strokes will rise up from the earth to create a bolt of lightning of as much as 30 million volts (compared to household current of 110 to 220 volts). The heat that such a bolt creates can run as high as 30,000 to 50,000 degrees Fahrenheit. This causes an explosion of superheated air in the ionized channel, and thus a crack of thunder.

A direct hit by a lightning bolt is usually fatal. A sideflash—a bolt of lightning splashing off a tree or other object—can be fatal. Conducted current—a bolt of lightning

sending its electrical charge through the telephone wire or the plumbing—can be fatal, or just stunning. Step voltage—the charge radiation sent out into the ground around a struck tree—is often fatal to cattle or horses, but usually only jolts a person.

Not much will protect a house except a properly installed lightning rod. If you are in a house, be sure to stay away from the telephone, plumbing, the fireplace,

open doors and windows during a thunderstorm.

Outside, stay away from lone trees, unprotected shelters, open fields, open boats, and wire fences. Anything that sticks up from the landscape can be the lightning rod from which a positive streamer rises to greet the negative streamer. In a grove of trees, stay out from under the taller trees. Get off your bike, horse, golf cart, or tractor. Don't swim. Look for a ravine or

other low-lying spot, a small tree, or the underside of a cliff. If you are caught in the open, kneel down, bend low and touch the ground only with your knees and feet.

If someone near you is struck, immediately perform cardiopulmonary resuscitation, even if the person appears to be dead. Although you may think a person has no chance of surviving a bolt of lightning, people do survive an indirect hit—sometimes even a direct hit.

Debts are up, savings are down

Recent statistics indicate that, on the average, household debt is increasing and household savings are decreasing. What is your family's debt and savings pattern?

Are your spending patterns helping avoid serious financial problems? Find out by taking time to determine the percentage of your take-home pay used to pay consumer debts and the percentage left for savings.

The first step in this analysis is to determine your monthly take-home pay. This is monthly income less state and federal income taxes and social security taxes. If your income varies from month to month, use average monthly income.

Then, add up the amount of money used each month to repay consumer debt. Consumer debt does not include mortgage payments; it

does include most of your other debts such as credit cards, automobile loans and installment loans.

The amount of money needed to repay consumer debts divided by the take-home pay and then multiplied by 100 equals the percent of take-home pay used for consumer debt repayment.

A rule of thumb is that monthly consumer credit payments should not exceed 20 percent of your monthly take-home pay. Using 10 or 15 percent of your income for consumer debt is usually okay. However, if your income is very low or your mortgage debt is very high, 10 to 15 percent may be too much for you.

If your credit payments are 15 to 20 percent of your take-home pay, you may not have serious financial trouble, but you should not acquire

additional debt until you pay off some of the existing debts.

To determine the percentage of take-home pay saved, add up monthly savings. If savings are irregular, use an average monthly amount.

Savings divided by take-home pay and then multiplied by 100 equals the percent of monthly take-home pay saved. This should be five to 10 percent. If you are saving less than this, look at your expenses and see if expenses can be reduced to increase savings.

For further help in analyzing your family financial situation, we recommend two OSU Extension publications. They are: "Financial Planning: How to Prepare a Net Worth Statement," and "Financial Planning: How to Prepare an Income/Expense Statement."

Don't hesitate to harvest your garden while its growing

Don't hesitate to harvest from the home garden. A properly harvested garden can be a high-yielding garden.

Regular picking encourages fruiting vegetable plants such as cucumbers, squash, bushbeans, peppers, broccoli and eggplants to even greater production.

Even a few fruits left to mature on a cucumber plant will stop new fruit from setting.

Once a zucchini starts going to seed, the plant is triggered into a different growing stage and won't develop any more squash.

List the following qualities to look for when harvesting vegetables.

Bushbeans. Pick them when at least three inches long. Pods should be just starting to bulge.

Squash. Summer squash ready for picking are medium-sized with rinds that are easily dented with a fingernail. Winter squashes are ready for harvesting when their rinds are firm enough that they can't easily

be dented with a fingernail.

Tomatoes. Size is not a good indication of maturity. Look for proper color. Tomatoes can be picked at any degree of ripeness but they taste best if ripened on the vine.

Cucumbers. Pick before they turn yellow. Large ones are good eaten fresh.

Broccoli. Stalks ready for picking should be firm but tender. Buds at the top of the stalk should be compact and not showing the color that would indicate the plant is flowering. Cut the large central head just before it separates into several heads. After that, cut the side shoots that develop into small heads.

Eggplants. Those that are shiny are ready.

Peppers. They usually mature late. The green varieties should have a shiny color and be firm. Red varieties should have a uniform red color before harvesting.

Gypsy moth publication available now

"The Gypsy Moth in Oregon" is the subject of a publication recently released by the Oregon State University Extension Service.

Gypsy moths have been attempting to make a permanent home for themselves in Oregon since 1979. This poses a very real threat to the state because the gypsy moth is an extremely destructive pest of all kinds of ornamental and commercially valuable trees.

The publication gives an overview of the threat and how it could be dealt with. The publication is not intended as a gypsy moth identifica-

tion control guideline for the individual homeowner.

"The Gypsy Moth in Oregon" EM 8315, was prepared by OSU Extension specialists in entomology, forestry and agricultural economics. Copies are available at no charge and may be obtained at county offices of the OSU Extension Service.

Copies may also be obtained from the Bulletin Mailing Office, Industrial Building, OSU, Corvallis, Oregon 97331. No postage and handling fee is charged on single copy mail orders.

The 16-page booklet describes the history of the gypsy moth in the United States, and explains why it is so destructive and difficult to control.

Also covered in the publication are the potential costs and benefits of eradication and suppression of

the gypsy moth in Oregon, and the possible results of taking no action to control this pest.

Lastly, various control measures that can be used individually and in combination for gypsy moth control are examined.

Try to keep life positive

- Keep a record for one day of the positive things you say to children when:
 - It is time for bed.
 - You want them to do a good job.
 - You want them to turn off TV.
 - You want them to change a behavior.
- Keep a record of the number of times you say: "no," "don't," or "quit" during a day. Think of ways you could change your instructions to children.

- You are interested in teaching behaviors you value such as responsibility, honesty, cooperation and sharing. How do you practice what you preach?
 - How do you show family members you love them? Keep a list for a day. Have older children keep a list and compare it with yours at the end of a day.
 - When you have had a struggle with a family member, ask yourself what difference this incident is likely to make five years from now.

Determine cattles' hay needs

There is no better time than the present to be thinking of the hay needs of your cattle for the upcoming winter. Hay is available right now, the weather is good and you probably have the time to go get it.

This brings us to an important question, however. What is needed for your situation? When feeding cattle in the winter months each animal will need about one-and-one-half tons of hay. The past winter was an exception due to the early snowfall that remained through February causing the needs to outweigh the supply in Central Oregon. There is really no way that any of us can determine when these situations may occur so one should plan to have at least one-and-one-half tons available per cow.

The next question to be answered is what kind of hay should be bought? This depends on what is available and the nutritional needs of the cattle. Mature brood cows can get by during the fall and early winter on rather poor to fair quality roughage while first-calf heifers need good quality forage to provide for their own growing needs as well as the calf they are carrying.

As calving time nears, cows need to be getting better feed than they were during the early season. And of course, they need even more after calving to provide adequate milk supply.

Generally one-third of the hay should be of a good quality alfalfa or alfalfa-grass mix with the other two-thirds being grass straw or grain hay. Several other combinations may be possible using such things as mint slugs, weedy hay and feeder quality alfalfa if the nutritional levels are balanced. Ruminant animals such as cattle are much easier to provide for in terms of nutrition since they can utilize several different forms and kinds of feed. This isn't saying one should not be concerned with providing adequate feed but rather that mature cattle can be fed some poor quality feed if some other good form is also available.

Providing 10 to 12 pounds of alfalfa or other good hay and as much grass straw or other poorer hay will usually suffice for the brood cow. Remember that growing heifers will need to be separated if possible and fed for their greater needs.

EIA tests to be administered

The Warm Springs Extension Office has been requested to set up an EIA testing clinic. The tentative schedule is planned to include a short update and description session followed by a time for collecting blood samples from horses.

Anyone wishing to have their stock horses tested should contact the Extension Office at 553-1161, extension 238. Please provide the number of horses that you will want tested. If there are enough,

we will be able to set up a time for Dr. Heidi Smith to come and take blood samples. Most likely we will use the corral area at the Industrial Site so be prepared to bring your stock horse or horses there.

If there are more than six animals signed up, then Heidi can reduce the rate she has to charge by almost half (the cost will be somewhere around \$10 per horse.) However, at this cost, each individual will be required to pay at the time of testing.

Position available

The Warm Springs Extension Office has an Extension Intern position available through Oregon State University. This is a training program for a tribal member to eventually become an Extension Agent. The position is in the program areas of Home Economics (Family Living) and 4-H/Youth.

The position announcement and applications are available at the Warm Springs Extension Office in the Old Administration Building. Or call 553-1161, extension 238 for further information.

Now's the time to dig

Gardeners can give spring flowering bulbs, such as daffodils, tulips, crocus, and hyacinth, either replant the bulbs immediately or store them until late September then replant them when the weather is cooler.

Digging and dividing these flowers gives them room to grow properly and prevents plant diseases, should they occur, from spreading rapidly from plant to plant.

When removing the plants from the soil, dig around the edge of the plant-clump and lift it carefully from the ground. Rather than washing the bulbs in water, simply knock the dirt off them.

Diseased, soft or rotten bulbs should be discarded.

Bulbs that are to be stored should be dried for a day or so. They can

be spread on a wire tray that will allow air to circulate around the bulbs freely. Be careful not to crowd them together on the tray.

Store the bulbs in a dark, dry area like a cellar or in the back of a garage. Where possible, storage area temperatures should not exceed 65 degrees.

If the bulbs are to be replanted immediately, plant them in clusters with individual bulbs of four to five inches apart. Well-drained, sandy soil with maximum exposure to sunlight is best.

Work the soil to a depth of 12 inches. Plant tulips six inches deep crocus, two inches; daffodils, seven inches; grape hyacinths, three inches; hyacinths, four inches; and irises, three inches.

A commercial fertilizer, such as a 5-10-5 combination, should be worked into the soil around the bulbs. Use one handful per cluster of three to five bulbs, or two pounds for each five by 10 foot plot of planted area.

Bone meal is also a good fertilizer for bulbs. Use two tablespoons of bone meal per bulb. Work the fertilizer into the soil beneath where the bulb will be planted. Then soak the planted area to settle the bulbs.

