

Service heating systems to reduce fuel bills by 20%

A Heating system can be considered the mechanical heart of a home. In case you haven't noticed, this mechanical heart may have started working harder in the last few weeks. It is a system that encompasses furnace or baseboard heating units, duct work, radiators or registers, chimney or flues and thermostats.

Service heating equipment before the start of each heating season could reduce fuel bills as much as 20% or more, and could prevent the discomfort and expense of equipment break-down during the upcoming winter heating season.

If the furnace is fired by oil or gas, have the maintenance contractor clean the furnace and flue outlets check the belt for tension and wear, oil the motor and fan bearings (if they are not sealed), change or clean the filters, check combustion and safety devices, and make other adjustments or tests recommended in the owner's manual.

People who are mechanically inclined and very careful, can complete many of these maintenance procedures themselves:

-Gas furnaces: The pilot light should be checked for a clean, blue flame and the sensing unit cleaned.

-Filters: Check furnace filters every two months during the heating season; clean or replace them as needed. Clean the fan blades of the air circulation system annually. Keep the area around the furnace housing free of dust, lint and litter.

-Trouble signals: Odors, soot on the burner, black smoke rising from the chimney or surging water in a boiler gauge indicate malfunction or improper adjustment. Get professional assistance.

-Uneven heating: If one area of the home gets more heat than it needs, or if some rooms become hot before others are even warm, the heating system probably needs to be balanced. Have this done by a guiding service specialist.

-Zone heating: If a hot water baseboard heating system exists, consider adding thermostats, valves and piping to provide zone heating for several areas. This will allow better control of unused or low use areas and may cut costs by 25%.

-Furnace size: The blower on the furnace should run almost continuously on a very cold day. If not, the furnace may be too large. This is frequently the case if a home was insulated after the furnace was installed.

An oversized furnace or burner wastes fuel. Have the utility company or heating contractor test the system and offer advice if the size of the furnace burner can be reduced. If the furnace runs constantly on a cold day, yet the home does not warm up to the thermostat setting, the furnace is either too small or not operating properly. Get professional help or advice.

-Heating ducts and piping: Inspect heating ducts annually for leaks and repair them with a quality duct tape. Heating ducts and water or steam pipes that pass through unheated areas (attics, crawl spaces and basements) should be covered with duct insulation or unfaced R-11 insulating batts or blankets. If the ducts are used for air conditioning as well as heat, use faced insulation and place the vapor barrier on the outside to prevent condensation on the duct.

-Radiators and registers: Dust on radiators, baseboard heating units or in ducts acts as insulation and wastes heat. Vacuum regularly.

-Heat management: Concentrate heat where you need it: living areas, bathroom and study areas. Lower temperatures in the kitchen, bedrooms and less active areas. If the home is equipped with zone heating (more than one thermostat), reduce the temperature in these areas.

Adjust hot air registers or the control louvers on hot-water baseboard systems to satisfy heating needs. If you registers are not adjustable, consider replacing them. Don't block air inlets and outlets, including radiators, with furniture, drapes, or clothing.

-Bleed air: Hot water system radiators should be bled annually as follows: open each radiator valve, hold cup under it, and keep it there until water comes out. Do not drain the water; you only need to remove the air, which inhibits water circulation.

-Chimneys and flues: Chimneys, flues, and flashing should be inspected each fall for loose bricks and mortar, cracked linings, and leaks. Prompt repairs should be made, because safety is of primary concern.



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4-H volunteers make the program

The partnership of volunteers working with Oregon State University specialists and agents make Extension what it is; says Gloria O. Shibley.

Although it's the Extension Service mission to extend information from OSU to the people of Oregon, "We couldn't give all the individuals and families the information they need each year without volunteers," according to Ms. Shibley.

An estimated 510 volunteers help

with Linn County Extension programs each year, giving about 7,600 hours. At the rate of \$8 an hour, the donated time is valued at more than \$60,000. Although \$8 may seem high, volunteers are filling more responsible roles through the increasing number of master volunteer programs.

We see increased training efforts for volunteers as a trend in Extension to make the partnership more valuable.

4-H offers family oriented program

4-H has been doing it all along. It's true, 4-H is concerned about preparing youth to be contributing adults. But, of perhaps greater importance is preparing youth to handle

the complicated choices they face while they are growing up.

Waiting to fix things until after they are broken is always expensive. Using this approach with young people is a tragedy. It impacts a community deeply and depletes it of both human and capital resources.

4-H prevents things from breaking by offering a Family Oriented Program which Builds Positive Self-Esteem through Teaching Career Skills and Community Service.

These concepts are getting a lot of attention these days, but we are proud to say 4-H has been doing it all along.

Composting turns garbage into valuable resource

What is composting? Composting occurs naturally nearly everywhere? Leaves drop from trees. Grass clippings are left after mowing the lawn. Plants and animals die. Over time, these organic materials break down or decompose. The rich, dark, soil-like material results is called compost.

Tiny living things do much of the work of breaking down organic materials to form compost. These tiny workers are called microorganisms and include such things as bacteria

and fungi. Animals living in the soil help microorganisms break down organic materials. Worms and pill bugs are examples of soil animals that help change organic wastes into compost.

As microorganisms and soil animals turn organic materials into compost, they use the organic materials as food. The organic materials provide nutrients for growth and activity. Eventually, these nutrients are returned to the soil, to be used

again by trees, grass, and other plants. This is nature's way of composting and recycling.

Why compost? You can help the composting cycle work even better than it does in nature. The organic wastes you put back into the environment can be used by other living things. This way, instead of going to a landfill or garbage-burning plant, your wastes become valuable resources.

Reasons to compost: Yard waste and food scraps make up 20 to 30 percent of garbage! Many landfills are filling up and closing. Finding places to put garbage is a big problem. By composting yard and kitchen wastes, you send less garbage to landfills.

Herbs easily gardened indoors

You don't have to be a mystic to be a successful herb gardener. The only requirements are a little sun and some patience to go with it. A sunny window sill is easily transformed into a herbal mini-garden.

"Basil, chervil, savory and thyme can all be grown in small flower pots or a window box, and snipped as needed to add the finishing touch to a sauce, soup, or salad," says Ray McNeilan, Oregon State University Extension home gardening agent.

Basil planted from seed will germinate in about 12 days. Chervil germinates from seed in 12-14 days. Other herbs, such as thyme, are best started from an already growing plant, and chives should be started from a

Tips for interpersonal conflict given

Following are helpful hints in doing interpersonal conflict constructively.

AVOID these habits:

1. Refusing to take the conflict seriously by sneering, scoffing, or smiling when the other party is obviously distressed.
2. Giving them the "silent treatment" by walking away, falling asleep, or withdrawing into silence.
3. Bringing up all of the old hurts even when they have nothing to do with the present situation.
4. Attacking the person of the other party by name-calling or character

assassination.

5. Second guessing the other person by speaking for him/her or telling him/her what he/she means.

6. Blackmailing them by withholding affection, approval, recognition, or anything which makes their life easier or more pleasant.

DEVELOP these habits:

1. Programming conflicts at special times so they can be private and allow plenty of time to handle feelings.
2. Encouraging one another to express the positive feelings you have for each other, what you appreciate about the relationship.
3. Encouraging one another to be able to give full expression to the negative feelings toward one another in this situation without fixing blame.
4. Restating in your own words what you thought the other party said; checking out assumptions carefully.
5. Accepting honest feedback thoughtfully.
6. Dealing with behaviors, not personalities.
7. Taking responsibility for your role in the conflict.
8. Striving for a win/win solution.

Remember: conflict can be creative. It is difficult, to be sure, but with both partners working constructively, the outcome can be a more rewarding and authentic relationship.

"Celebrating and Protecting Families" theme for family week in Oregon

Family Week is a week in November set aside nationally with two objectives. They are:

To promote recognition of and appreciation for the American family as the foundation of our free society, and

To lay before each American family the continuing challenge to save and preserve freedom, dignity, honor and mutual trust among the people.

Family Week originated in 1971 in some states and 1972 nationally. Oregon has participated since 1977. Each year, the President issues a proclamation as does our Governor. OSU Extension has sponsored Family Week the past few years.

We have written the proclamation for the Governor's signature. In 1992 we plan a more active effort and hope that every county will participate in some way.

"Celebrating and Protecting Families" is the theme OSU Extension has selected for the 1992 Family Week/Month in Oregon.

Family Week is held the week when families gather to celebrate the Thanksgiving Holiday. In Oregon, OSU Extension has expanded the effort to the month of November, calling attention to the issues Oregon families face and the educational programs that Extension offers to help families with the issues.

Otitis media common infection

Seven out of ten children in the United States will have at least one bout with otitis media — an often painful inflammation of the middle ear — by the time they're three. Half of those children will have the infection three or more times in those years.

These statistics point to otitis media as the third most common childhood infection. Children under six are most vulnerable, because the ear is not yet fully grown. Otitis media may be accompanied by a build-up of fluid in the ear, which caused a temporary reduction in

The longer you smoke the harder it is to stop

If you have a teenage smoker in your household, you may be familiar with the argument, "This can't hurt me now and I'll quit when I get older." As a parent, you also recognize that children don't believe age and ill health will ever catch up with them. How can you persuade your teenager to quit, or better, not to start?

One reason kids smoke is for peer approval or to look sophisticated. You may not be able to counter these motives head on. Your position should be non-threatening. Instead of focusing on "bad companions," talk about after-effects such as bad breath, discolored teeth, holes burned in favorite clothes as well as the hole cigarettes can leave in a weekly allowance.

You can add that medical science doesn't support the "can't hurt me now" line of thought. A long-term study of young smokers in Louisiana examined the connection between the onset of cigarette smoking and blood cholesterol levels in adolescents and young adults. A group of 747 non-smokers, aged nine to seventeen, were screened and periodically reexamined. Over a five-year period, 147 of them started smoking. Independent of age, gender, obesity, and other factors that affect cholesterol levels, the smokers had higher levels of LDL (bad) cholesterol and lower levels of HDL (good) cholesterol than non-smokers. The researchers concluded that even a moderate number of cigarettes could damage young arteries.

The worst part of smoking when you're young is that smoking habits tend to be established by age 14, according to an earlier study. And the longer you smoke, the harder it is to stop.

hearing and sometime persists months after the pain of the infection clears up.

Quick action is important, not only for pain relief, but also because even a few days of reduced hearing in a very young child can impair the process of learning speech and language.

Signs that your child may have otitis media include irritability, fever, and a discharge from the ear, you may also notice him/her pulling at his ear or shaking his/her head. Accumulated fluids, especially that remaining after treatment, is harder to spot; look for inconsistent response to sounds or for unusual inattentiveness.

Children more likely to get otitis media are boys, those with a sibling who has a history of the infection, and those who were not breastfed.

Scours common cause of calf death loss

One of the most common causes of calf death loss soon after birth of the animal is scours. Diarrhea is the major sign of calf scours and virtually no herd goes through the calving season without some cases of scours. According to Don Hansen, Extension Veterinarian for Oregon State University, there are two types of scours experienced by new born calves.

The first type is nutritional scours, or milk scours. This condition usually occurs in orphan calves fed various types of milk replacer. Nutritional scours is caused by fermentation of excess milk in the gut. Calves fed great amounts of milk with long intervals between feedings are most susceptible.

The second type of scours is caused by infectious agents. Factors that increase the chance of a calf contracting scours are: (1) dystocia, or difficult birth; (2) poor nutrition of the dam; (3) poor health of the dam; (4) poor mothering ability and (5) others. Viral or bacterial infections affect the digestive cells lining the intestinal tract by destroying them. Damage to the intestines can be repaired if the calf survives.

With both types of scours the usual cause of death is tremendous fluid and electrolyte loss leading to severe dehydration and acidosis. While diarrhea is the main sign of scours, also look for dryness of the mouth, loss of skin elasticity, sinking of the eyes into their sockets and the extremities being colder than the body. As the

situation advances, the calf will become depressed and weaker, may be unable to stand, lose their sucking ability and body temperature drops. If left untreated, the calf will eventually go into a coma and shock and eventually die. Use caution when handling infected calves. There is a risk of disease being passed to humans who handle calves with scours. Thoroughly wash hands after handling these sick animals.

Treatment of scours includes the administering of electrolyte fluids as soon as possible after signs of scours. Your veterinarian can help you choose the products and volume to be given to treat your calf. Researchers and veterinarians now believe that oral antibiotics may be detrimental to the animal. Therefore they should be used with caution.

There are three basics to the prevention of calf scours. The first of these is providing adequate nutrition to the dam prior to calving. This allows the calf the greatest chance of resisting environmental stress and disease and ensures the proper level of antibody levels as soon as 24 hours after calving.

Secondly, precalving vaccination can reduce the possibility of scours. This method would be recommended if there has been a herd history of scours. Calves born in open country are less likely to contract scours than those born in confinement.

A third method of reducing the incidence of scours is to maintain a

clump of bulbs.

"Sage, lemon balm and rosemary can be grown from stem cuttings," McNeilan says. Take the latest growth or the upper part of older stems. Cut them into three or four sections, making sure each section contains leaves or leaf buds near the upper end. Insert one-half to two-thirds of their length into a box or bowl filled with four or five inches of clean moist sand.

Cover the plants with glass, leaving a half-inch opening for ventilation. Shade the plants on sunny days.

Roots should develop in two weeks, and within four to six weeks the cuttings should be ready to pot.

and well-drained soil, McNeilan says. A few perennials, like Coreopsis, or Gaillardia, when grown in full sun, will bloom nearly all summer. Most perennials, however, bloom at a certain time and then provide foliage for the rest of the season. Add interest to your garden by selecting plants with different bloom periods.

For example, "Basket of Gold" Alyssum, along with the white-flowered Candytuft, and spring flowering Phlox, gives a cheery look to the yard in early spring. In late spring Peony becomes a show-stopper and its glossy flowers give way to green, shrub-like foliage. Campanula, Brunnera (forget-me-not), and Coral bells provide color in early summer.

clean calving environment. The more confining the calving environment, the greater the risk that calves will become susceptible to scours. In confined areas, keep the cows udder clean, especially after birth and before the first nursing. Keep the area clean and as dry as possible. Finally, turn the pair out to a more open space as soon as possible.

Two detailed publications written by Dr. Hansen are available from the Warm Springs Extension Office. The first is titled Causes and Treatments of Calf Scours and the second is Preventing Calf Scours. Please feel free to stop by the office and pick up a copy of these publications.

Weekly fact sheet: Commodity Trends

The Extension Service of Oregon State University puts out a weekly fact sheet called Commodity Trends. This informational sheet is packed full of current supply, demand and price trends for Western U.S. agriculture. From current livestock prices to up to date vegetable, feed and grain prices.

Annual subscription cost to Commodity Trends is \$32. You can mail your check to: MarketNews, Oregon State University, Ballard Extension Hall 213, Corvallis, OR 97331-3601. You are welcome to stop by the Warm Springs Extension Office if you would like to preview a copy of this fact sheet.

As late summer sunlight intensifies, some of the brightest colors show on Yarrow, Daylily, Rudbeckia and Oenothera (Evening Primrose).

In late summer, Sedum (Autumn Joy) takes center stage, along with Sage and Statice (may not be a perennial plant in all areas of Oregon). Coming as a delightful surprise are the upside-down blossoms of hardy Cyclamen and the pastel flowers of fall Crocus.

By the time fall rains begin, Rudbeckia is a mass of chocolate-brown buttons waving stiffly in the cold wind, Yarrow foliage is silver with frost, and the Peony foliage has turned to amber, ready to drop and mulch-protect the plant's crown, McNeilan says. Candytuft is as green as ever, bracing for the winter, he adds.

Get ready for that show of landscape color next year by planting your perennial flower garden now.

Add a little salad variety to a meal

Mediterranean meatball salad
1 egg
1/3 cup plain yogurt
3/4 cup soft bread crumbs (1 slice)
1/4 tsp. passed allspice
1 lb. lean ground beef or ground lamb

6 cups torn romaine
1 1/2 cups cherry tomatoes, halved
1 cup sliced radishes
1/2 cup sliced green onion
1 can (2 1/4 ounce) sliced pitted ripe olives, drained
1/3 cup salad oil
1/4 cup lemon juice
1 tsp. dried mint, crushed
1/4 cup crumbled feta cheese
In a large mixing bowl beat egg; stir in yogurt. Stir in bread crumbs, allspice, and 1/2 teaspoon salt. Add ground beef and mix well. Shape mixture into 1 inch meatballs. Place meatballs in a 15x10x1 inch baking pan.

Bake, uncovered, in a 350° oven for 15 minutes or until meat is no longer pink. Remove meatballs from pan and drain on paper towels. Cool meatballs slightly.

Meanwhile, in a very large salad bowl combine romaine, tomatoes, radishes, onion, and olives. Cover and chill while preparing dressing. For dressing, in a screw-top jar combine oil, lemon juice, and mint. Cover and shake well. To serve, add

meatballs to salad mixture. Shake dressing again and pour over salad mixture. Toss lightly. Sprinkle salad with feta cheese. Makes 6 main-dish servings.

Stress management

Juggling many roles often leads to role overload. Being an employed worker, homemaker, parent, spouse, care giver, and volunteer 4-H leader is very demanding. Having high self-esteem becomes a key tool in managing the stress of overload. It gives us the tools to "roll with the punches," managing our priorities and standards of these many roles.

Ruth Harmelink, OSU Extension Human Development Specialist offers some suggestions for enhancing personal self-esteem.

- *Speak up for yourself, remember your opinion is valid.
- *Believe in yourself.
- *Be proud of yourself, talk to yourself about your pride.

Layered garden vegetable salad

1 medium head lettuce, torn into pieces (6 cups)
1 package (10 oz.), frozen peas, thawed
2 cups thinly sliced cauliflower florets

1 cup shredded carrot
2 cups cherry tomatoes, halved
1 cup shredded Mozzarella cheese (4 ounces)
1 cup plain yogurt
3/4 cup mayonnaise or salad dressing
2 Tbsp. sliced green onion
Paprika

In a large glass bowl place half of the torn lettuce. Layer the peas, cauliflower, and carrot on top of lettuce layer. Add the remaining torn lettuce and cherry tomato halves; sprinkle with shredded Mozzarella cheese.

In a mixing bowl stir together yogurt and mayonnaise; spread over top of salad. Cover and chill several hours or overnight before serving. Before serving, sprinkle top of salad with the sliced green onion and a little paprika; toss salad thoroughly. Makes 12 side-dish servings.