

Weed winter clothing as you prepare them for storage

By Norma L. Simpson
Because we buy clothing for three main climatic conditions — cold, cool and hot, we tend to have lots of clothes to store in the house. Especially if we have many family members.

When you enter many homes, clothes are piled everywhere. Plastic bags of dirty clothes ready for the laundry and clean clothes that have been ironed and neatly stacked.

Perhaps it's time to weed the wardrobe.

As you wash the winter clothes to store them, "weed" out the ones that you are tired of, or that no longer fit. Pick out a favorite item or two to pass on to a family member or friend, then take the rest of the clean clothes to your favorite church rummage sale.

You will probably find that having your own rummage sale is very time consuming for the money that

you can make with a few clothes. Things need to be labeled and sorted, and bags collected for people to take away their purchases. You spend two or three days selling a few items. Long hours of preparation and planning may be ruined when your neighbor has a sale the day before you do.

At the laundromat, women and men tell me that they have more clothes than they need, because their

extended family members bring lots of hand-me-downs. They are now mixed in with the "unweeded" wardrobe and the house is full of clothes. The generosity warms our hearts but causes more problems. Give me a call at 553-3238 and tell me what solutions you have for "weeding clothes at your house." I'll share them with our readers.



Information provided by:
Warm Springs OSU
Extension Office
1110 Wasco Street
553-3238

Give your flower beds a spring wake-up call



When spring warmth finally melts winter's snow and bulb buds poke their heads up to bloom, besides planting summer flowers and weeding, a few maintenance chores are necessary to get flower beds up and running again. Ross Penhallegon, horticulture agent for the Oregon State University (OSU) Extension

Service recommends the following:

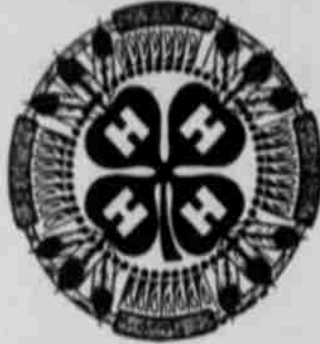
- Remove winter mulch from perennial beds and roses after night time temperatures stay above 30 degrees F. Cut back any dead, winter killed canes.
- Rake up all the leaves and debris that blew or were knocked down by winter snow. Use organic debris to start or add to a compost pile.
- Fertilize established perennials, bulbs and shrubs with compost, bonemeal, or other organic fertilizers, or a 5-10-5 or other balanced synthetic fertilizer.
- Divide late-spring and summer perennials including daylilies, lilies and early chrysanthemums if they seem crowded or to have bloomed less last year. Dig up the root clumps and remove the old, dead or woody central part. Replant the young,

healthy sections in loose, fertile soil.

- Check arbors, trellises and other support structures for damage.
- Get pruning shears and other cutting tools sharpened if you did not do so last fall or winter.



The clover speaks



This week's edition is written by guest columnist, Bob Pawelek, OSU Extension Livestock Agent.

A couple of days ago, I was just out there grazing and thinking, "My ain't it pretty out here," when Carol Stevens politely interrupted my lunch and asked if I would mind submitting the Clover Speaks to the paper, since she and Arlene Boileau would be away at training at the time.

"Course not," I replied, "where's your material?"

"Material?" she perplexedly questioned.

"You know, the stuff you want submitted," I explained, all too slowly

to realize what I was about to be getting myself into.

"Well, actually," Carol replied, "I was kind of hoping you'd WRITE it..."

So here I am, taking a chore and making it into an opportunity to let y'all know what is happening with the Rockin' 4-H Club.

To date, we have a good core of members, parents and leaders interested in getting the old club back rolling again.

By the time this issue goes to print, the pasture at Tenino Road will have had a prescribed burn on it, so that we will be able to convert that old patch of weeds back into some productive acreage.

We are lucky to have Pinky Beymer on our side, as she has offered to help us out with some tractor work.

The Rockin' 4-H Club is looking into the possible options of developing a cow-calf operation, using donated cattle; the idea being the producer receives the first calf.

There is quite a bit of work to be done before cows become a reality, but hopefully the good group we have will have the initiative to see an idea become tangible.

The summer camp roster is filling

up fast, so be sure and call the OSU Extension office for more information.

Well, hopefully, I haven't forgotten anything, if I did, that would be

SUMMER CAMPS

June 20-25
for grades 4-6
August 11-15
for grades ??

WHERE: Crystal Springs
- Mitchell, Oregon

COST: \$75 (Scholarships available)

CALL: Arlene or Carol at the OSU Extension office, 553-3238

about par. Anyway, thanks, Carol, for letting me ramble about the Rockin' 4-H Club.

Happy trails, folks!

Prenatal care important for babies

By Norma L. Simpson
The April Issue of Oregon Health Trends is about "Minority Health 1991." If you have an interest in the topic and did not receive a copy, you'll find facts below to be interesting. Or you can come to the OSU/Warm Springs Extension Office and read the entire copy.

Because of the policy on the reservation of not giving out local statistics, we do not have local details to share with you. But the Oregon picture which combines statistics for all Indian residents gives us an indication of problems that Indians face throughout the state.

Statewide, 4.4 percent of the births were to mothers 17 years-old or younger, that was up from 3.9 percent during 1989. Twenty-four percent of the Indian births were young mothers.

One reason for concern about the age of the mother is that babies born to very young women usually mean that the babies are low birth weight. Not only are low birth weight babies (less than 5.5 pounds) at greater risk of illness and death, but also of mental retardation, birth defects, developmental problems, learning disorders, chronic lung disorders and child abuse and neglect. Fortunately only 5% of the Indian babies fit into the low birth-weight category.

Forty-percent of the Indian mothers do not receive adequate Prenatal Care, which generally means they experience complications in labor and delivery. And the infants are at risk as well. Five percent of white mothers did not have adequate prenatal care. (Inadequate care means they did not seek prenatal care until the third trimester, or they had fewer than prenatal care 5 visits).

More than 30 percent of Indian mothers smoked during pregnancy, putting mother and child at increased risk of morbidity and mortality. Fewer Chinese (1.4%) and Hispanic white mothers (5.6%) smoke.

Reported use of alcohol was highest amongst Indian mothers with nearly 13 percent using alcohol during pregnancy. We hope that the recent campaign on KWSO will show better statistics for 1992 when they are compiled later this year.

If you know a young pregnant woman or a woman who has four or more children urge them to seek pre-

natal care as early as the first trimester. Help them to take the prescriptions that health professionals give

to them. Let's fill the cradle boards with the healthiest Indian babies possible.

Childproofing techniques for your yard

As warm weather approaches and more time is spent in the yard, it's a good idea to think about some safety tips for young children in this outdoor environment, points out Sue Doescher, Oregon State University Extension child development specialist.

In addition to playing outside, children enjoy becoming involved in gardening and yard work. A few basic rules can help make the outdoor experience a positive one for both parents and children, adds Doescher.

- Some childproofing techniques suggested by Doescher are:
1. Toddlers and young children should not be left unattended. Watch children carefully around wading pools, buckets, and large puddles. Young children can drown in even small amounts of water.
 2. Potential yard hazards, such as thorny bushes or poison oak, need to be pointed out to children. If necessary, fence off areas or plants that should be avoided.
 3. The use of garden tools should be discussed with children so they know which tools are safe to use and which are not. Place rakes, forks, and other pointed tools tines-down.
 4. Garden chemicals are highly dangerous if mishandled and should not be used in a garden with young children. If you have garden chemicals, be sure to store them out of

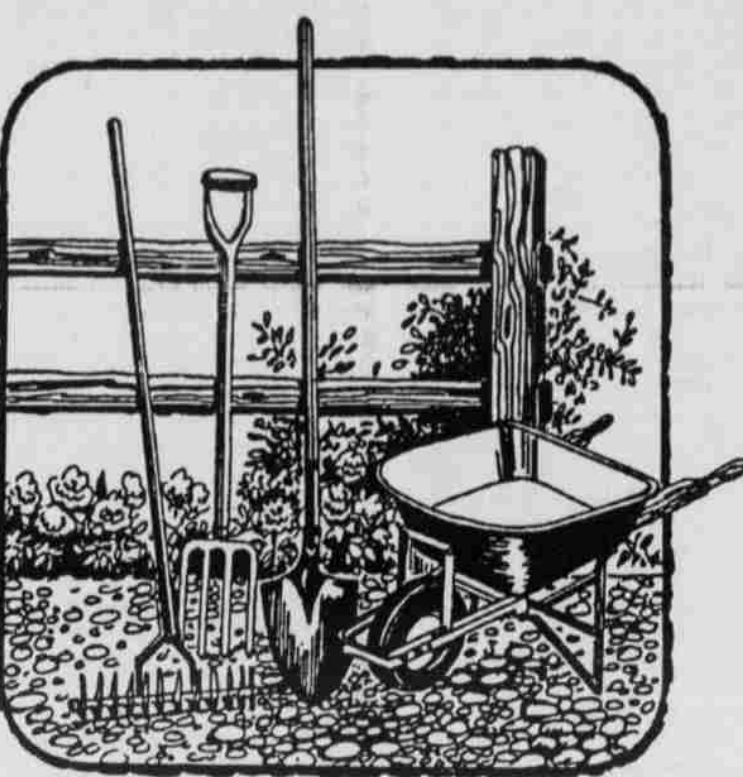
reach in clearly marked containers with a big skull and crossbones. Don't use soft drink bottles or other empty food containers for storing chemicals, cleaning supplies, or fertilizers.

5. Children should not eat anything from gardens unless an adult is supervising. Many common orna-

mental plants can make you quite sick if you eat them—some are very poisonous.

6. Be sure to always wash hands after gardening.

7. Check children for ticks, insect bites, and allergic reactions after being outdoors.



Casual clothing found to serve lifestyle

By Norma L. Simpson
Recently the chairman of Apple Computers introduced a new product while wearing a polo shirt and casual slacks. Normally the occasion would call for your best bib and tucker. His action caused new awareness to the corporate counter-culture and reflected an increasing casualness in business.

An article in Gentlemen's Quarterly noted the new trends in business dress. These included relaxed clothing for a Saturday at the office,

hanging up suit coats rather than wearing them under all conditions, and the influence of women wearing dresses rather than suits.

A recent visitor from Toronto, Canada commented on the economic impact that more casual clothing has for the individual worker. "You must save lot of money previously spent on extra fancy clothing."

I agreed, saying that according to the tribes 1992-93 census, people at Warm Springs are paying higher per-

centages of their incomes to buy their homes than most families pay. Emphasis on use of family income to serve the needs of the entire family is very important rather than buying clothing for one or two family members in clothing that is too formal for most occasions in Central Oregon. Casual clothing serves our lifestyle where we must buy three wardrobes — for cold winter months, cool spring and fall months and hot summer months.

Stockman's Roundup



By Bob Pawelek
OSU Extension Agent
Livestock and Range

Many of the management techniques that I habitually "preach" are not very practical for some producers at Warm Springs. There are, however, several practices that are available to everyone; practices that will influence calf crop numbers positively.

Every producer brings his/her cattle home for the winter. A plan to consider is to develop a tightened breeding season, the objective of which is to take advantage of the green grazing in the spring when cows are cycling good.

The brood cow has the need for a high level of energy during breeding to help her take. Pasture availability and consequently energy is usually at its highest during the spring and lowest during late fall and early winter. As a result, conception rates are highest in the spring.

With a definite calving season, slow breeders and open cows could also be identified and culled, which would result in an increased calf crop.

All things considered, conditions are more favorable for a greater calf crop when the cows are bred in the spring and early summer to calve in the late winter and early spring.

If a breeding season plan sounds like a good idea to you, and it ought to, why not give me a call and we can touch on the concept in depth.

.....Always take a good look at what you're about to eat.

It's not so important to know what it is, but it's critical to know what it was.

Be more selective in the cereals you eat

The dry breakfast cereal controversy is by no means over. In the summer of 1970, America was faced with a food scandal; the focal point of the American breakfast, served daily to men, women, and children for energy and nourishment, turned out to be a big fraud. Consumer advocate Robert Choate decried the claims of cereal manufacturers (three of whom produce 80 percent of all commercial cereals) that the product was a source of protein, vitamins, and minerals.

The result of the scandal was not a reduction in the sales of dry cereal, but a superficial effort on the part of the industry to correct its mistakes. But what can you do to enrich a product whose very nature depends on the steaming, drying, pressurization, toasting, flaking, and what-have-you of once-healthy grains like rice, corn, wheat, and oats? We say once-healthy, because after such a degree of handling all the original protein, phosphorus, and vitamins A and B can't help but be cooked out. Well, the only thing left, unless you change the entire process, is to add nutrients (synthetic ones) back. And so all that the cereal industry has done to change the picture is increase the vitamin fortification. That fortification, which costs General Mills about 0.6¢ per package, is now available to you at 15 to 20¢ more than the identical,

unfortified brand.

Even if the nutritional value of these cereals was significantly improved (which it has not been), would they provide a wholesome breakfast?

To begin with, this "favorite breakfast of children" may be as much as 35 to 50 percent sugar, and that's before you add any sweetening of your own. The artificial coloring used is certainly of questionable value, particularly since one of the most popular additions, "Red 2" connection with its possible role in causing birth defects.* Then there are the preservatives BHA and BHT which extend the life of the cereal far beyond necessity. These very same preservatives are banned from baby foods in Great Britain and severely restricted in all other foods.

What choices can you make?

Any way you look at it, dry cereal is convenient, and children love it. How can you persuade anyone to give up a combo like that? Well, you don't have to. It's merely a matter of being more selective in the choices you make.

We cannot recommend any of the American-style cereals — the flakes, "O's," crispies — that so many of us grew up on. They are all overprocessed, oversweetened, and overpriced. They do not serve the essential nutritional function of a "cereal" — that is, a breakfast food

derived from whole grains with all their inherent benefits. All the time advertising has been drawing you to the cereal aisle in search of the latest "Sugar-Frosted Fortified Fake", there have been boxes of truly nutritious cereal just a few steps away which are not so well known.

Under the descriptive phrase "Swiss Breakfast Cereal," Familia has long been selling their brand of "muesli" (a rich blend of oat flakes, dried apple flakes, wheat and rye, millet flakes, raisins, unrefined sugar, honey, crushed almonds and wheat germ) via the supermarket. Now other brands of muesli are entering the supermarket scene as well, among them Lutin Bircher Muesli and the quite similar Fruitfort from Zwicky. There's even a special muesli sold for babies.



Manhattan Fish Chowder

- 1 pint canned salmon
- 1/4 cup chopped bacon
- 1/2 cup chopped onion
- 2 cups boiling water
- 1 can tomatoes
- 1 cup diced carrots
- 1 cup chopped celery
- 1/4 cup catsup
- 1 Tbsp. Worcestershire sauce
- 1/4 tsp. pepper
- 1/4 tsp. thyme
- 1/2 tsp. basil
- 1/2 tsp. garlic powder

Fry bacon until crisp. Add onion cook until tender. Add water, tomatoes, potatoes, carrots, celery, catsup, and seasonings. Cover and simmer for 40-45 minutes or until vegetables are tender. Add salmon cover and simmer for about 10 minutes longer or until fish flakes easily when tested with a fork. Makes 6 servings.