

Children travel best when comfortable and occupied

Thinking about a summer vacation with your children? Both parents and children can benefit from a break, points out Sue Doescher, Oregon State University Extension child development specialist.

Summer is an ideal time to visit friends and relatives, enjoy favorite activities, or see new places. Whatever you do, vacations are a special time to relax and have fun together.

Often it's said that children and car trips don't mix. However, planning ahead can help. Children travel best when they are comfortable and occupied.

Doescher has some suggestions for traveling with children.

- Anticipate stops for fuel, restrooms, and food. When traveling more than a couple of hours, allow for 15 minute brisk walks at roadside parks.

- Keep handy a small medical kit, toilet paper, Handiwipes, and fix-it kit for repairs with safety pins, needle and thread, glue, and tape.

- Make reservations for motels ahead of time if vacancies are questionable. Try to stop early enough to give children time to play and let off energy.

- Plan for in-car snacking with nutritious snacks. Try dry cereal, crackers, granola bars, or fresh fruit and vegetables. Sweet drinks and snacks may interfere with children's appetites at mealtime.

- Play simple games. Encourage young children to count everything in sight — barns, stop signs, or black cars. Look for license plates that begin with a 1, then a 2, etc., or have an A, then a B, etc. Begin a story and have children take turns adding to it. Hum part of a nursery rhyme or other song and try to guess the title. Take turns adding to a drawing.
- Help children put together

their own traveling activity box to take on trips. Collect favorite books, drawing or writing materials (avoid crayons that melt), and small toys that are used only on trips.

- Preserve memories of your trip in a scrapbook. Children can collect souvenirs like postcards or paper napkins from restaurants to remind them of the vacation.

Menopause booklet available at OSU Extension

By Norma L. Simpson

Last week I received copies of "Menopause," a 36-page booklet published by the National Institutes of Aging. If you are approaching that period of your life, you will find a lot of valuable explanations to help you understand the physical changes taking place in your body. The opening paragraph in the booklet says this:

"My mother never talked about

menopause. She says her mother never did either, probably because it was linked to old age and poor health. Now, you hear about it all the time. The "baby boom" generation is making menopause a big issue because of their sheer numbers, and because they'll live with it much longer than their grandmothers did. Back then, menopause did come near the end of their life. Now I'm going through it

but I feel like I still have my whole life ahead of me."

For this reason, the information in the booklet will be very useful. It has chapters on "What is Menopause?"; "What to Expect"; "Long term Effects of Estrogen Deficiency"; "Treatment" and "Keeping Healthy." If you wish a copy of the book, come to the OSU/Warm Springs Extension Office on the main floor of the Education Center.



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The above individuals are devoted to extending research-based information from Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.

EDUCATION THAT WORKS FOR YOU

Clover Speaks

We have a great opportunity to honor volunteers who often play a large part in a program or who lead an entire program to its success.

People who are involved in the powwow committees; little league, softball, boy scouts, 4-H leaders, Carol Allison's after school program and Little Miss Warm Springs, Huckleberry Feast Committee, Root Feast committee, Victim Assistance volunteers, Fire and Safety volunteers, Early Childhood volunteers and any other volunteer program you can think of, this is your chance to honor them for the time and commitment they give to their community. Whatever way you choose to Honor them will be great. We will have a certificate of appreciation if you choose to use a certificate. We need to compile a list of the Volunteers you wish to acknowledge, on Indian Nite Out July 30, so we can begin to put together an agenda for the MC.

To sign up your volunteers or for more information you may give Ortelia Miller a call at 553-3355 or Arlene Boileau, Crystal Winishut, or Carol Stevens at 553-3238 we will be glad to answer any questions you may have.

Rainbow Dancers

It is that time of year again and for

the fourth year running the Rainbow Dancers will be sharing Native American Culture at local county fairs and Oregon State Fair. For those of you who are unaware of just how the Rainbow Dancers began read on for a brief history.

It is Jefferson County fair time 1989 and Arlene Boileau is helping with the 4-H Style Review. This is an event for 4-Hers who have sewn garments through out the year.

They are able to model what they've made during 4-H Style Review. Arlene wanted to adapt the Style Review to meet the needs of Warm Springs culture and youth. Thus the Rainbow Dancers were born. The next year she gathered Warm Springs youth and put together a "Native American Style Review." Word spread and the Rainbow Dancers were invited to the State Fair. In 1991 Carol Stevens joined Arlene

and this year Crystal Winishut will be joining the team.

The "Native American Style Review" is an exceptional cultural adaption. Warm Springs youth gain in self-esteem and cultural knowledge. This year participants are learning the fun dances of Warm Springs like the serpent dance, fast shuffle, and the laughing dance. Youth will also learn the counties in the state of Oregon and learn time management and financial management.

We encourage all youth who know how to dance or would like to learn how to dance to give us a call at 553-3238 or stop by the office and fill out the official 4-H register form. If the child is under 8 years of age an adult must accompany them. Meetings are held weekly and this for boys and girls.

The objectives of the Rainbow

Dates to Remember

July 23-25 Jefferson County Fair

July 30-August 1 — Deschutes County Fair

August 11-15 — 4-H Wilderness Camp

Plant & Soil Notes: Summertime garden watering

The hot, dry weather of summer is here and that rainy spring we had is nothing but a memory. Even though our growing season is short you can still make the most of what you have by watering your vegetable garden efficiently. OSU Master Gardener D. Bing Bingham has some helpful tips for us Warm Springs gardeners.

Most vegetables need about an inch of water per week from April through September and more when it is hotter. A thorough weekly watering to a depth of 5 to 6 inches will help bring up plenty of healthy vegetables if you don't water again until the top few inches of soil are dry. If one inch of water is applied to the surface of the light soils that are most common here at Warm Springs it should wet the soil to a depth of about 6 inches. Remember, if you mulch the soil around your vegetable plants with compost, grass clippings or other material it will help retain that soil moisture longer in addition to helping to control weed growth.

Most gardeners use sprinklers to

water their gardens, but drip or trickle methods of irrigation are becoming more popular because they are more efficient. Less water is lost to evaporation and more water is applied more slowly, and directly to the roots of the plants.

Vegetable garden water should be applied at a rate of about half an inch per hour to avoid run-off. At this rate you should run your irrigation for about two hours to supply your vegetables weekly water needs. You can figure out how much water that your sprinkler is applying by setting a straight-sided container, like empty cans, in different areas of the garden. After you've turned on the sprinkler come back in 15 minutes to measure the depth of water in the cans. If you multiply this amount by four it will give you an idea how much water your sprinkler is putting down in an hour. This is also a good way to see if all of your garden is getting the same amount of water. When you are watering with sprinklers, don't forget to place them above the level of

the plants so the water is not blocked and when using more than one sprinkler overlap the spray by about half to get even watering.

Watering in the morning is a good idea because it saves water from evaporation. It also leaves the plant to dry before evening, which helps to prevent foliar diseases. When watering it is helpful to know the critical stages of vegetable plant development. Water is most crucial in the first few weeks of development, immediately after transplanting, and during development of flowers and fruits. Watering your garden will help to produce strong, healthy plants which can better resist insect attacks and produce plentiful vegetables before the first fall frosts.

Water is a resource that is often taken for granted but we should be mindful of how valuable it is to us, especially in our unpredictable, high desert climate. One thorough watering is much better for your vegetable plants than several light waterings because it promotes deep rooting,

which produces healthy plants. It all comes down to putting the water where it is needed, and in the proper amounts. Watering weeds just makes more weeds and I have never seen a sidewalk or driveway grow, regardless of how much irrigation they get.

Good luck with your plants and please contact me at the OSU Extension Office (553-3238) with any questions or things that interest you.

Proper pasture management aid in prevention of Pink eye

Pink eye is the common term for Infectious Bovine Keratoconjunctivitis (IBK). This terminology describes a disease condition of cattle that is infectious in nature and causes an inflammation of the transparent cornea, the sclera (white) of the eyeball, and the conjunctiva (inside lining membrane) of the lids.

The economic effects of a herd outbreak can be severe. Reduced average weight gains of 17 pounds have been documented in calves with one eye affected and 30 to 65 pounds when both eyes were infected. The incidence of pink eye is usually higher in calves, but breeding age animals are also affected.

Commercial vaccines now available have been shown to be beneficial in the prevention of pink eye. Although some animals may still be affected with IBK, the incidence is much lower in vaccinated than in unvaccinated animals. Some vaccine products are effective with a single dose. For others two doses must be

given 2 to 4 weeks apart for initiation of immunity. Follow specific label directions. The calves can be vaccinated in the spring when handling them for branding, dehorning, etc. The breeding herd should also be vaccinated at this same time, before the beginning of "fly season." The vaccine can be used in the face of an outbreak, but it will be much less effective then. Many of the animals will already have been exposed and will be in the incubation stage when vaccinated, so will still be affected with IBK before they develop an adequate immunity.

Control of flies, especially the face fly, is another important preventive technique that should be considered. Use of ear tags impregnated with insecticide is of benefit. These help reduce the fly population and help keep them away from the eyes. However, with repeated use of pesticides, a resistant fly population has developed. This makes it necessary to rotate the pesticide used. Insecticide dust bags to control flies on the ani-

mals and feed through insecticide is of benefit. These help reduce the fly population and also help keep them away from the eyes. However, with repeated use of pesticides, a resistant fly population has developed. This makes it necessary to rotate the pesticide used. Insecticide dust bags to control flies on the ani-

Proper pasture management will aid in IBK prevention. This involves control of dust and clipping of old pasture to aid in preventing eye injuries. Provision of shaded areas will aid IBK prevention and also will make cattle more comfortable.

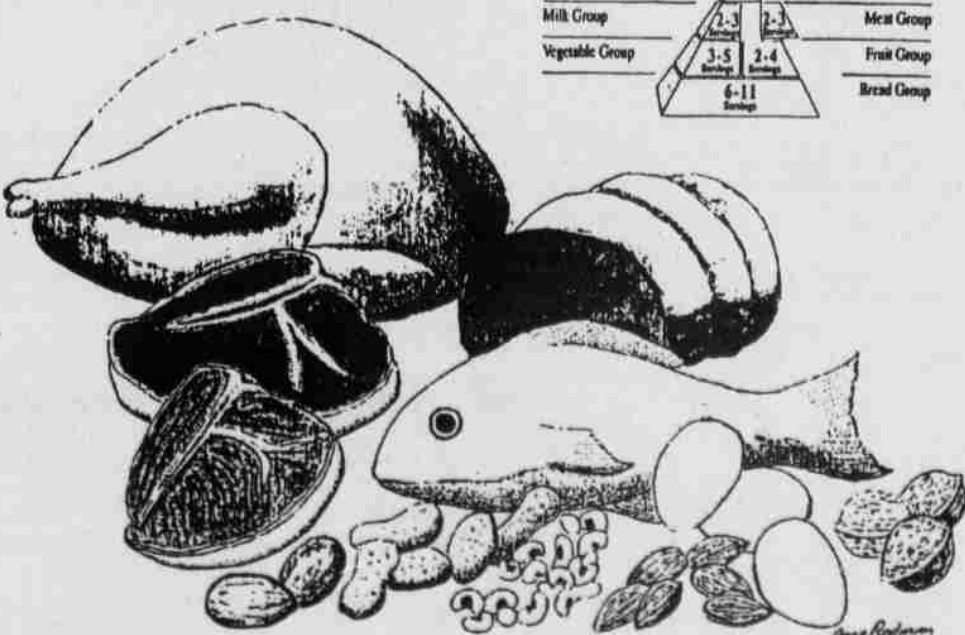
Some breeds of cattle are less susceptible to IBK. Breeds with dark pigment around the eyes and breeds with Brahma influence tend to have less incidence of IBK. Selecting cattle with dark pigment around the eyes may be beneficial in areas where pink eye is common.

Protein found in the meat, poultry group

This month we will put the emphasis on protein in our diet.

Remember Protein Builds Muscles and Repairs skin, muscles, blood, bone and brain. Protein products contain B Vitamins that turn food into energy.

Meat, poultry, fish, dry beans, eggs, seeds and nuts
2-3 servings



Key nutrients in meat, poultry, fish, dry beans, eggs, seeds and nuts



Builds and repairs skin, muscle, blood, bone, and brain.



Turn food into energy



Makes red blood.

Stockman's Roundup



By Bob Pawelek
OSU Extension Agent
Livestock and Range

Alfalfa: Step by Step Establishment

- Requires deep, permeable soil.
- Very sensitive to poor drainage & compaction.
- Seedbed preparation:

- Level the field to eliminate old furrows & low spots; finely pulverized and firmed; must still contain enough soil moisture near surface to start germination.
- Seeding:

Spring seeding — early April; Fall seeding — late August/early September; Seed must be placed in contact with moist soil; Drill about 1/4 inch deep — 12 lb./acre in 6-inch rows (higher rate in poor soil); Use inoculated seed.

Fertilization

Alfalfa is a heavy user of nutrients.

Test soil first.

Lime required on soil with pH<6.0.

Apply lime way before seeding, mix thoroughly with top 6 inches of soil.

If needed, apply phosphorus by banding 1/2 to 1 inch to the side or below seed or broadcast and disc into soil prior to seeding.

Apply sulfur at 40 lb. to acre, broadcast and disced with phosphorus.

Management

Pray for rain.

Cutting more frequently than 28 days apart weakens the stands.

Hay Quality

For highest feeding value, harvest at bud or early flower stage of maturity.

Alfalfa cut at pre-bud stage produces smaller yields.

Alfalfa cut after flower stage produces lower quality.

Grazing Alfalfa

Rotate grazing to allow 30-35 days rest.

If stand is used primarily for grazing, keep plants between 3 & 6 inches high through summer.

Allow to increase to height of 8-12 inches to fall.

Supplement with grass hays to avoid bloat.

You're never a loser
until you quit trying.