


Booklet available to understand the grieving process

by Norma L. Simpson
As I'm writing the stories for Spilyay, I've also been reading the recent publications written by Vicki Schmall, the OSU Extension Gerontology Specialist. Loss and Grief in Later Life is a lengthy 30 page explanation of the types of grief that may surprise us, and the grieving process. A companion pamphlet called Coping with Your Loss and Grief contains the essentials for helping a person to go through the grieving process.

Both of these publications take in scientific knowledge of many research projects with people who have lost important parts of their lives. For some it may be a loved one, for others a job, for others pets, and for others it is physical capabilities and the independence that goes with them. **The Grieving Process**
Researchers have found that grief

is a unique experience for each person, but there are some common reactions. A person must accomplish four tasks to regain a balance in their life that allows further growth both physically and emotionally. We must:
1. Accept the reality of the loss.
2. Experience the pain of grief.
3. Adjust to the changes.
4. Withdraw emotional energy from what was lost and reinvest it in people and or other activities.
Shock, disbelief and denial last for varying amounts of time—from minutes to weeks or months. The more traumatic and unexpected the loss, the more likely a person will deny its reality.
Some people refuse to believe that a loss is real and become stuck in this part of the grieving process. They may need professional help to become "unstuck."
One of the biggest obstacles to

move through grief is people's efforts to avoid the intense emotional pain. I remember the physical and emotional reactions that I had when I realized my mother was starving to death because she had chosen, in her living will, to have nothing given to her but water and insulin. We had talked about the will many times because she did not want tubes and pumps keeping her alive as her brothers had done. That didn't matter, the pain was and is very intense.
The responses to grief come in many forms: Physical hurt; Behavioral and Emotional twists; Disturbing thought patterns; Spiritual anger and doubts; and Loneliness. When my father died, mother was alone . . . for the first time in her life she slept in a house without anyone else in the house. The loneliness was excruciatingly painful. And like Martha, six months after the death of her 80-year-old husband, she realized that she "would be a widow for the rest of her life."
The OSU publication is filled with quotations of statements of people going through different types of loss and grief.
One 76-year-old woman said, "For awhile I would write to my son in California to inform him about what I was experiencing as he is not here to see or talk. But I cease now because he rebukes me for my grief."
One section in the 30 page booklet is about "Helping someone who is grieving." As you read the above quotation you have a feeling that the son needs to read that section. It



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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

The 1993 4-H Wilderness Enrichment Camp is full. We need parents to let us know as soon as possible if for some reason your child can not attend. There is a waiting list. Waiting campers are anxious!

So if your child can not attend, please notify Arlene, Crystal or Carol at the OSU Extension Office.

Check children for ticks after outdoor play

by Norma L. Simpson
Now that the weather has warmed up to be more like summer, you probably find that you spend more time outdoors with nature. About the time this article is printed, we will have many Warm Springs kids at the 4-H Enrichment Camp at Trout Lake. So we will be concerned about this disease as well.
Originally Lyme disease was reported in Connecticut in the early 1970's. But it has now spread to almost every part of the country in wooded areas where deer are known to be. That means our stomping grounds on the reservation.
When I talked with the Jefferson County Health Department, they said we had not yet had any reported cases of Lyme Disease. But they said we should all be concerned about tick bites and about ticks becoming embedded in the skin.
The symptoms of Lyme disease are the following: headache, body

aches, fever, temporary facial paralysis, stiff neck, severe fatigue.
If you have any of these symptoms, see a doctor immediately. The sooner the patient is treated, the better. Nearly all patients with Lyme Disease can be effectively treated with antibiotic therapy, if seen at once.
Lyme Disease is a serious illness resulting from the bite of an infected deer tick, which can be as small as a pin point. The effects of the disease range from skin rashes, arthritis, and neurological damage, to heart problems and hepatitis.
Doctors have trouble diagnosing Lyme Disease because not everyone develops the distinctive skin rash, which is the only symptom unique to Lyme Disease. The rash starts out as a small red spot and expands into circular, triangular or oval shaped rashes, often covering a large area. The rash usually appears within a few weeks of the bite and can last anywhere from days to weeks. Once the infection begins to spread, rashes

can appear at different places all over the body.
Because the consequences of Lyme disease are serious, take precautions when going outdoors. It's wise to protect yourself from all ticks, not just those that transmit Lyme disease. Hats, long sleeves, and shoes that completely cover your feet, can prevent a tick from getting on your skin. Wear light colored clothing to make ticks more visible and tuck your long pants into your socks. Apply insect repellent to both your skin and clothing. Before going inside, remove outer layers of clothing and check thoroughly for ticks. Check a second time in the shower. Use tweezers or the hot end of a match to remove the tick. Apply alcohol to the bite.
For more information you can send 50 cents for a pamphlet on Lyme Disease, item 4677 to the Consumer Information Center, Dept. 467z, Pueblo, Colorado 81009.

Salmon recipes offered

- Salmon Corn Casserole**
1 pint salmon
3 eggs
1/4 cup flour
salt and pepper to taste
2 Tbs. melted butter
1 1/2 cup milk
1 cup grated cheese
1 10 ounce package frozen corn defrosted nutmeg
Beat eggs. Stir in flour, salt, pepper, butter, milk and cream. Stir in corn and liquid from can of salmon. Flake and stir in salmon. Pour mixture into buttered 1 1/2 quart baking casserole. Sprinkle with a little nutmeg and bake in preheated 350 F. oven for 45 minutes. Serves 4.
- Salmon Vegetable Paella**
1/4 cup butter or margarine
1 medium onion chopped
1 clove garlic minced
2 stalks celery chopped
1 green pepper chopped
2 cups sliced summer squash or zucchini
2 10 ounce packages frozen artichoke hearts, broccoli, green beans or corn
1 pound can whole tomatoes, drained
1 1/2 cups rice
2 pints canned salmon
3 cups water or chicken broth

- 1/4 tsp. pepper
10 ounce frozen peas
In heavy saucepan melt butter. In it saute onion, garlic, celery and green pepper for 5 minutes or until onion is tender. Add summer squash or zucchini, artichoke hearts and tomatoes. Cover tightly and cook over low heat for 10 minutes. Add rice and stir until rice is well coated with juices in pan. Add liquid from can of salmon, water or chicken broth, salt and pepper. Bring to a rapid boil. Cover tightly, turn heat to a very low and cook for 30 minutes. Fluff mixture with fork. Flake and add salmon and peas. Cover and steam for 5 minutes.
- Northwestern Salmon Pie**
1 pint canned salmon
1 cup salmon liquid and milk
1 cup soft bread crumbs or cracker crumbs
3 eggs slightly beaten
1 cup diced celery
1/4 cup chopped onion
2 Tbs. chopped parsley (optional)
2 Tbs. lemon juice
salt to taste
1 9-inch unbaked pastry shell
Drain salmon, reserve liquid. Add enough milk to salmon liquid to make 1 cup. Saute celery and onion in margarine until celery is tender. In bowl combine salmon and milk liq-

- uid with sautéed vegetables, salmon, parsley, lemon juice, salt, and eggs. Stir well. Pour mixture into unbaked
- Garden Salmon Sandwiches**
1 pint canned salmon
3/4 cup cottage cheese
2 Tbs. chopped parsley
1/2 cup chopped cucumber
2 Tbs. grated carrot
1 Tbs. chopped chives or green onions
1/4 cup mayonnaise type dressing
salt and pepper to taste
8 slices dark bread buttered
Drain and flake salmon. Combine with cheese, vegetables, mayonnaise type dressing, salt and pepper. Spread half the bread slices with salmon mixture. Top with another slice. Cut in half and garnish with carrot curls and parsley. Makes 4 sandwiches.

Range and Pasture Management in Central Oregon

All too often, management considerations for pasture and range receive a low priority even though grazed pasture is the basis of most livestock operations. In reality, forage is the basic product you market; the best way to do that is with livestock. Overall productivity is a function of both your land resources and the intensity of the management you can give them.
General Principles
Forage is often wasted in pastures because of inadequate control of animals. The most common sign of wasted forage is patch grazing—areas overused and areas underused. Animals will repeatedly graze regrowth in small areas and will allow other plants to reach maturity. Often more than one year's growth is accumulated, which results in very low quality forage. This can happen, and often does, even when you plant a single species in a pasture. You must match the grazing pressure to

the forage supply in order to achieve the desired level of use. To accomplish this, move stock in accordance to a plan based upon the kinds of pasture or range plants. Close control of grazing livestock is the key to correct and proper forage utilization.
Whenever possible, provide your grazing animals with what they prefer to eat. This is possible whenever planted pastures, both dry land and irrigated, are available. This may be termed "fitting the resources." Match

the number of animals or demand to the most opportune time for the major forage species.
Four management principles are important: (1) correct stocking rate for the plant species on the range or pasture unit, (2) correct season of grazing for those species, and (3) correct kind and class of livestock for the resources you have.
Adapted from: Range and Pasture Management in Central Oregon, EC 1092.
"Living on a Few Acres" booklet limited
A limited amount of Living on a Few Acres Notebooks are available from Extension offices in Central Oregon. This notebook was designed for the small acreage owner. The notebook is put together in a 3-inch binder with seven sections. These sections include information on beef production, alternative crops, weeds


Plant & Soil Notes: establishing a seeded lawn

By Tim Wojtusik
A healthy lawn can improve the looks of your house and provide a comfortable place to relax and a place for kids (and adults) to play. With a bit of work, and perseverance fine lawns can be grown under the conditions that we have here at Warm Springs.
Preparation of the site is the key to establishing a thick, healthy lawn. First, it is important to remove the weeds from the site. If the weed growth is excessive careful burning of the area may be your best bet. Next, you will want to work the top several inches of soil by roto-tilling. Our soils here on the Reservation are typically light, mineral soils so an addition of some sort of organic matter (peat moss, animal manure, compost, etc.) will really help the new grass. After the soil has been loosened and organic matter added the entire area should be graded. This involves filling the low spots and smoothing any high spots so you are left with a uniform surface for planting. Be sure that the ground surface slopes away from the house to avoid future drainage problems.
Fertilizer should be applied after completing the soil preparation. Apply a fertilizer with a nitrogen to phosphorus to potassium ratio of 3 to 1 to 2. This will be expressed on the fertilizer package in percentages of N-P-K and fertilizers such as 15-5-10, 12-4-6, or 9-3-6 are examples of


fertilizers with this ratio.
All this careful preliminary work will provide ideal conditions for seeding. A grass seed mixture that performs well under the conditions that we have here on the reservation is 70% blue grass and 30% perennial rye grass. Seeding at a rate of 4 to 5 pounds of seed per 1000 square feet will give you a nice thick lawn. Local nursery and garden centers have pre mixed grass seed or seed can be bought in bulk and mixed for you.
Finally you will need to water your newly seeded lawn. During the time of establishment it will be necessary to keep the top 1 to 2 inches of soil from drying. This may take a couple of waterings daily for about 3


weeks. Be careful not to put down too much water at one time because the newly worked soil will wash away easily, taking your grass seed with it.
The best times of year to seed a new lawn are in the spring, after the last frost, or toward the end of summer, after the hottest weather is over. If you are interested in getting your lawn in this year the first days of September would be a good time to shoot for.
These general guide lines should get you on your way to a thick, green lawn but feel free to contact me at the Extension Office (553-3238) with your specific questions. Good luck with your lawns and let me know if I can be of help.

LOW FAT COOKING
LIMIT FATS AND OILS




MICROWAVE







STIR FRY



BAKE



STEAM OR POACH



NON-STICK FRY PAN

Dietary guidelines for Americans

- Eat a variety of foods.
- Maintain healthy weight.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Choose a diet with plenty of vegetables, fruits, and grain products.
- Use sugars only in moderation.
- Use salt and sodium only in moderation.
- If you drink alcoholic beverages, do so in moderation.

Stockman's Roundup

crop of permanent grass already established, and therefore may not be cost effective to rip that out to grow alfalfa. It may be that site preparation itself would turn out too costly, when cash outlays could be used to improve the existing grasses and hay it later.
ASCS Cost-Shares
The USDA Agriculture Conservation and Stabilization Service (ASCS) is a federal agency that in many ways is a very effective means to improve idle croplands toward permanent grass establishment. Many different programs offered by the ASCS help land owners pay for seeding, controlling sagebrush and

juniper, livestock wells, stock ponds, etc., as long as the idea is to keep the land in permanent vegetative cover.
For example, if you had some acreage and wanted to graze some good quality horses on it, but what's out on the ground now is cheatgrass, sagebrush and juniper, the ASCS has money to "cost-share" at a percentage up to 75% to improve that land and allow grazing once grass is established.
There are a number of people at Warm Springs who have begun to benefit from this Agricultural Conservation Program. All it takes for you to get started is a phone call to my office, at 553-3238.

OSU Extension helps get you started
Many farmable lands on the Warm Springs Reservation have lain idle for several years. Those lands were farmed by fathers and grandfathers, but somewhere along the way we missed a generation or two. We at Extension are here to help the new generation of prospective farmers get an idea of how to start with what they have.
Alfalfa is a great crop to start with. There is a lot more to know about growing it, however, than simply plowing and planting. There are recommended seeding and fertilization rates to consider, as well as water requirements, and whether or not you should consider alfalfa in the first place.
Some idle lands may have a good

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By Bob Pawelek
OSU Extension Agent
Livestock and Range

"I guess everything looks greener on the other side of the fence."

