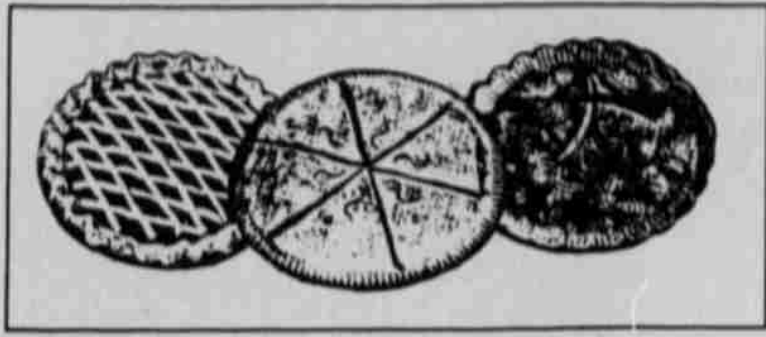


Clearjel now available for your baking, canning needs

During the summer, we advertised in Spilyay that OSU/Warm Springs Extension Service would have quantities of Clearjel thickener...



ing powder for canning and freezing pie filling. Well, it's a long story, but the order did not come and had to be reordered and still did not come. Eventually we picked it up from a different company just about the day we loaded for 4-H Enrichment Camp. My illness postponed this announcement until now.

The OSU/Warm Springs home economics office now has a 25 lb. bag that we are repackaging. We sell one-pound bags of Clearjel for \$2.00. You can make frozen pie filling if you

want to make pies with artificial sweeteners for diabetics. Or you bottle the filling in standard canning jars in water bath canners using sugar with the fruit and juice.

Clearjel is modified cornstarch which makes excellent fillings that keep their texture and appearance when canned or frozen and stored for later use.

You can buy Clearjel bags by calling Norma Simpson or Danni Katchia at 553-3238.



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

OSU Extension Staff:

- Arlene Boileau 4-H & Youth
Bob Pawelek Livestock
Norma Simpson Home Economics
Carol Stevens 4-H
Crystal Winshut 4-H Assistant
Tim Wojtusik Agriculture
Clint Jacks Staff Chair, Madras

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.

Stroke: count your blessings and move on

By Norma L. Simpson
In August I was one of the lucky ones who had a stroke that improved rapidly when the emergency crews got me to the hospital. No, I don't have high blood pressure. Yes, they gave me blood thinners very early so that I have few lasting side effects. Yes, I still have a few "creative speech patterns" with my special stamp of

survival. Yes, I have been blessed most of my life. The American Medical Association Family Medical Guide explains that the brain is damaged because its blood supply is disturbed. It can be one of three types of vascular disorders. A Cerebral Thrombosis happens when an artery is narrowed when fatty tissue or when the artery breaks open and blood clots. A Cerebral

embolism is caused by a type of foreign material which wedges in the bloodstream where it goes to the brain. In a Cerebral Hemorrhage, the artery bursts or leaks into the brain tissue until the pressure builds up. It can be extremely frightening when you find that you can not speak, or a part of your body does not move. So it is very useful to know that many

of these symptoms can go away in very little time. Keep Faith! People will help you to get back your abilities. Get the help that you need to get better, and take your high blood pressure medicine to keep from experiencing the stroke in the first place.

Happiness is organized family records

If you've spent hours looking for a car title or insurance policy, you've experienced the frustrations caused by not knowing where important family records are kept. "You can avoid that frustration easily by organizing your family records in a functional, carefully designed storage system that eliminates anxious searching during a crisis," points out Donna Gregerson, Oregon State University (OSU) Extension home economist in Benton County.

Developing a system is easy, she notes. "You need a place to keep records, a routine for attending to records, and a person responsible for recordkeeping." "Organizing Your Family Records," available from the OSU Extension Service, will help families get their records in order. The publication reviews appropriate storage, suggests records you need to keep, and includes suggested categories, such as medical files and financial

records, that should be kept in permanent files. Gregerson, who wrote the publication, points out that while each household must develop its own record storage system, guidelines in the bulletin can help get a system started. "Organizing Your Family Records," EC 1302, is available for \$1 copy from Publications Orders, Agricultural Communications, OSU, Administrative Services A422, Corvallis 97331-2119.

Clover speaks



Dear Parent,
October 1 will begin the new 4-H year. We have many children asking for 4-H clubs in Warm Springs. The youth in Warm Springs need your support. You may wonder how can you give your child and other youth in Warm Springs support? We have the answer, you can lead a 4-H project in Warm Springs! Leaders are needed for a variety of projects. You may wonder, "What skills do I need to be a 4-H volunteer leader?" You need a few basic qualifications: 1. Willingness to share yourself and your time. 2. A desire to work with youth. 3. Enthusiasm. 4. The courage to just do it! Through 4-H projects/clubs children can learn basic school and life skills such as: Confidence, motivation, effort, responsibility, initiative, perseverance, caring, teamwork,

common sense, and problem solving. 4-H is informal education, fun learning, and a real sense of belonging to a positive group of youth. Parents are needed to lead, please contact the 4-H program at 1110 Wasco St. or give us a call at 553-3238. Ask for Arlene Boileau, Carol Stevens or Crystal Winshut. We have a world of education in the 4-H program and it is just waiting for parents and youth to put it to use. We have a new program in 4-H called Cloverbuds. Cloverbuds is a 4-H discovery program for six to eight year olds. In Cloverbuds not only can you have a regular club/project. A family club/project is a project where your family members participate such as the father, mother, brother, sister or aunt and uncle. Together you decide what project activity the family would like to do together. You can choose from Home Economics and Expressive Arts to Natural Resources and Mechanical Science. All Cloverbud 4-H Discovery program projects have many activity sheets that give the purpose of the activity, facts to know, subject background, things to do, and a section called "For More Fun." These sections make doing a project as easy as 1-2-3. Stop by the OSU Extension Office and ask for Carol Stevens for more information on Cloverbuds. Regular 4-H Program is for 4th-12th grades. 4-H projects cover topics in Animal Science, Expressive Arts, Home Economics, Engineering,

Natural Science, and Horticulture. Within these topics there are many projects you can do. Listed below you will find some of these topics with their projects listed to the side. 4-H Home Economics: Plain seams and seam finishes, complex seams, hems, home environment, and outdoor cookery. 4-H Forestry: Trees in Oregon, ferns to know in Oregon, collecting cones for seed, and growing tree seeds and seedlings. 4-H Art: Art through painting, fiber arts, and leather crafts. 4-H Marine Science: Ocean adventure, continental shelf sediment off Oregon, and understanding tides. 4-H Culture Projects: Dancing & songs, beadworking, men's & women's regalia, and boys & girls regalia. This is a small representation of the learning materials available through the Warm Springs 4-H program. The only ingredient missing is a volunteer parent or community member to lead a project. A project meeting lasts about 1 hour and planning time for the meeting takes 1-2 hours per week. The question facing us today is how can I help my community to be a better place to live in? Part of the answer is to spend time with the youth in your community in a positive way. 4-H is a positive way to teach kids basic school skills and life skills. Volunteer today by calling 553-3238 and asking for Carol Stevens or Crystal Winshut. Better yet, stop by the OSU 4-H office at 1110 Wasco St. Main floor.

Stockman's Roundup: Bull selection and EPDs

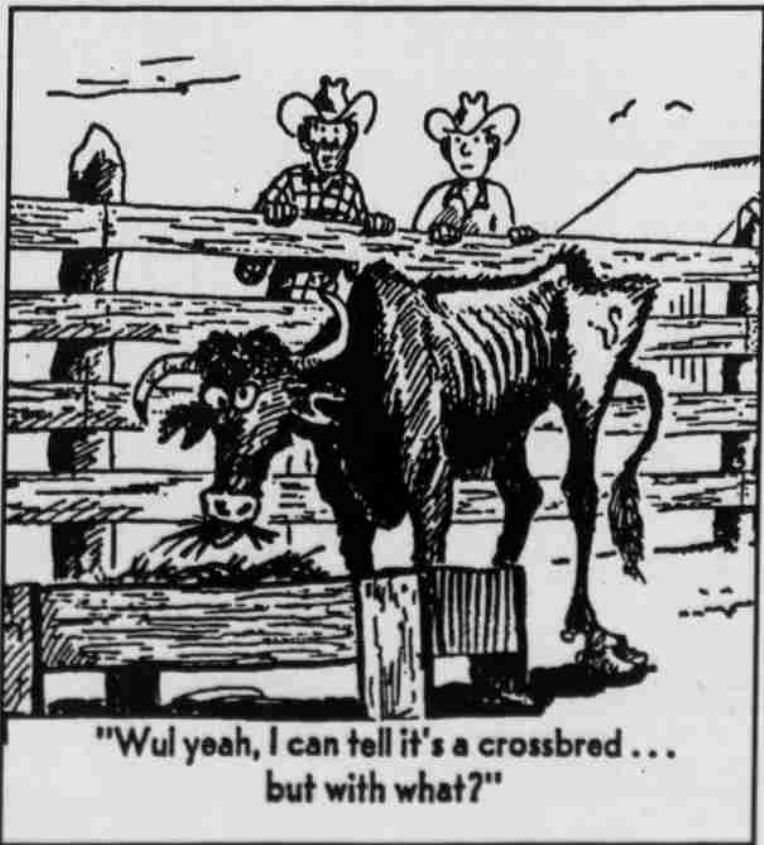


By Bob Pawelek
OSU Extension Agent
Livestock and Range

Expected Progeny Differences (EPDs) can be used to help select a number of important traits in cattle, but can be especially beneficial when selecting optimum birth, weaning and yearling weights for your herd. Information used to calculate an animal's EPDs includes performance data from the individual and relatives such as parents, siblings, other close relatives and most importantly, offspring. Performance information of the same breed-type is also used to help calculate EPDs. EPDs can only be compared within a single breed. In other words, you cannot compare a Polled Hereford bull's EPDs with a Simmental's. EPD selection is based on many traits. Some breeds furnish accuracy ratings of EPDs to help when selecting for the best and most economical traits. Birth weight is important because of its relationship to calving ease. It is measured by the differences in birth weights of calves born within a contemporary group. For example, a sire with a birth weight EPD of +3 lb. will generally produce heavier calves at birth, as compared to a bull with an EPD of -2 lb. Heavier weaned calves can be

reached by selecting sires with higher weaning weight EPDs. If you compare a sire with a weaning weight EPD of +15 lb. to a sire with an EPD of -10 lb., you should expect calves on the average to be 25 lb. heavier at weaning from the first bull when out of comparable cows. This same calculation can also be used for yearling weight or any other EPDs. There will be however, variations between individuals within a calf crop. Keep in mind your long term goals before selecting for a trait covered by EPDs. Consider the management conditions under which you run your cattle. Selecting for the whole animal to fit your needs is more impor-

tant than selecting for one trait, or even depending solely on EPDs. Visual appraisal of all the traits such as feet and leg soundness and muscling should be considered with other factors such as breeding soundness exams on bulls. Your own cattle operation can profit by your understanding of EPDs next time you're shopping for a bull. EPDs are just a tool, but are there for your benefit. Any reputable breeder should be happy to show them to you and explain any particular EPD data for you. Coupled with visual appraisal, EPDs will help improve the genetic potential of your breeding stock.



"Wul yeah, I can tell it's a crossbred... but with what?"

Vegetables 3-5 servings

Diagram of a pyramid showing food groups: Milk Group (2-3), Vegetable Group (3-5), Meat Group (2-3), Fruit Group (3-4), Bread Group (6-11). Includes illustrations of various vegetables and fruits. Key nutrients in vegetables: Vitamin A (Helps children grow, keeps skin and eyes healthy), Vitamin C (Keeps gums and blood vessels healthy), Fiber (Prevents constipation).

Plant and Soil notes: Taking care of garden tools

Now that the growing season is ending there is still an important job to be done that shouldn't be overlooked by gardeners. Properly cleaning and storing those garden tools now will insure their long life and usefulness down the road. The gardening tools that you have been using all year should be maintained and stored for the winter. Maintained equipment will last longer and will cut down on the need for replacement. Well cared for tools will provide years of useful service. Clean and sharpen small hand tools. Remove all dirt and rust spots. When the tools are clean apply a light coat of oil to protect against rust. Garden hoses need to be drained, coiled, and hung from a curved surface. Hanging hoses from a nail or hook should be avoided because this will put a sharp bend in the hose that can weaken or puncture it. Be sure to follow manufacturers specifications when cleaning and storing power equipment. Drain the fuel tanks of gasoline engines and make sure all the gas is removed from the carburetor and fuel lines.

This prevents buildup of gum from gasoline evaporation and the headaches it can cause next spring. Change old engine oil. Remove the engines spark plug and squirt a small amount of oil into the cylinder. Turn the engine over by hand to make sure the cylinder walls are lubricated before putting the spark plug back in place. Equipment parts that contact the soil need a light coat of oil before storing. Repaint bare metal surfaces

where original paint has been damaged or worn away. The wooden handles of tools will dry out and crack if left out in the weather. Tools can be hung from the garage or storage shed wall. Storing tools, especially dangerous ones, in a lockable cabinet will keep them safely out of the way. This is especially important if there are small children around. Take care of those tools and they will take care of you.

Natural Resources Youth Club seeking volunteer leaders

Trying to find something enjoyable to do with your spare time? You might want to consider helping out with a Natural Resources Youth Club. All you need is a little time to spare and an interest in helping our community's young people learn about the world around them. You could make a big difference. Interested or curious people should contact me at the Warm Springs OSU Extension Office. Tim Wojtusik, 553-3238.

Labels help teach safe raw meat handling

Safe handling statements set to appear this fall on raw meat and poultry will remind consumers that they, too, have a responsibility in efforts to prevent foodborne illness, points out Carolyn Raab, Oregon State University (OSU) Extension foods and nutrition specialist. The new labels, as proposed by the Food Safety and Inspection Service (FSIS) of the U.S. Department of Agriculture, closely parallel recommendations made by OSU for several years, Raab notes. OSU supplied information to FSIS as it formulated the label. Safe handling instructions should start appearing on raw meat and poultry products sometime in October, Raab said. In the meantime, FSIS is accepting comments on the proposal until September 16. The "Safe Handling Instructions" label will remind consumers that, although the products were inspected for their safety, "some animal products may contain bacteria that could cause illness if the product is mishandled or cooked improperly." The label instructs consumers to keep raw meat and poultry refrigerated or frozen "for your protection" and to thaw it in the refrigerator or microwave. It also advises consumers to keep raw meats or poultry separate from other foods; to wash working surfaces, utensils and hands after touching the raw products; to cook the products thoroughly; and to refrigerate leftovers within two hours. Symbols, such as a bar of soap, will

illustrate each point. The labeling is seen as the next step in consumer education to reduce the risk of foodborne diseases, Raab explains. Recent outbreaks of E. coli O157:H7 spurred the action, she believes. The regulation covers raw meat and poultry products, fresh and frozen, packaged and labeled in federally inspected plants and retail establishments and sold to consumers and

institutions. All products not considered "ready-to-eat" are covered by the regulation including partially cooked ground meat products such as hamburgers and pork sausage patties. Raab sees the move as another step toward restoring consumer confidence in the wholesomeness of the nation's food supply while reminding consumers to handle products safely in the kitchen. Publication available to assist with boning out your deer. Best wishes for a successful hunt this fall. If you are a newcomer to boning the deer drop by our office for a copy of Extension 819 Boning Out Your Deer. It's an old publication, but still a very good booklet to tell you how to improve the taste and safety of deer and elk. Cool the carcass by hanging out of the sunlight, and where fresh breeze will take the heat away from the body. Hunters from other parts of the world tell me that black pepper sprinkled on the carcass will discourage flies from swarming on the meat. When the carcass is dried, the pepper can be brushed off, and washed in soapy water to destroy germs. When the black pepper dries it can be used again to chase away the flies. Most people do the boning on a

Publication available to assist with boning out your deer

flat surface because they have a table to work on. But other expert boners will tell you that the best position is hanging the carcass from the hind legs. It's easier to separate the choice pieces from tough connective tissue, tendons and off-grain meat. It's also easier to strip out the fat. Newcomers often forget to remove the fat and connective tissues as they are making the packages for freezing. Connective tissue gets tougher as it cooks and eventually will be thrown away. Wild game has strong flavored fat which should be removed. Tribal members tell me that the less fat the better. When the package the cuts of meat, be sure to label them so people will know how to cook and how many people the package will feed.