# Drying sunflower and pumpkin and squash seeds

by Norma Simpson Just after the articles for the last Spilyay had been submitted, I had a call from Marsha asking for instructions for drying sunflower and pumpkin seeds. I had no idea that it would be the last request from our friend who had helped us to improve the page and get the stories and pho-tos into this page. We will truly miss her and think of her when we prepare pumpkin pies and crack the sunflower seeds, Rest in Peace. Sunflower seeds

Harvesting. Cut the sunflower heads with a stem about one foot long. Hang upside down in a dry location with good air circulation. Tie a cloth bag around each head to catch any seeds that might drop during drying. (How about those old, tired out pantyhose?)

Roasting. When seeds are dry, mix thoroughly 2 cups of unwashed seeds, 1/2 teaspoon Worcestershire sauce, 1 1/2 Tablespoon melted butter, and 1 teaspoon salt. Place in a shallow baking pan and roast (one hour at 250° F; 30 minutes at 275° F oven; or 10-15 minutes at 300° F.) Be sure to stir the seeds frequently as they roast.

Variation: If a salty sunflower seed is desired, soak the seeds in a salt solution (2 teaspoons or more salt per quart of water) for 24 hours before drying.

Pumpkin and squash seeds Wash the seeds carefully to remove the clinging fiber. Dry the seeds in a dehydrator at 115'-120' F until crisp or in the oven at 150' for 1-2

hours, stirring frequently. For roasted seeds or salty flavored seeds follow instructions given for roasting sunflower seeds above.

Place seeds in a plastic bag and store. If to be kept a long time, put in the refrigerator or freezer. The seeds will become rancid if stored at room temperature for long periods of time.

#### What do you know about aging? Facts and fallacies

by Norma Simpson There are lots of myths about growing old. Vicki Schmall, the OSU Extension Gerontology Specialist and Clara Pratt the former director of the OSU Gerontology program at OSU prepared a terrific booklet that helped to set the facts straight. The

selected 20 myths such as Older People are more rigid and resistant to change.

You only have to think about your own elders to know that they're not rigid. They are excellent examples of accepting the changes that make sense and ignoring the nonsense. It does

mean that they continue to value the things that make them and you are a very special group of people.

You should see them sitting around the table as they study and prepare to teach the language classes on this floor. That is an excellent example of working to keep the best of the past to pass along to the younger generations.

My office is across the hall from the classroom, so I hear the joy of teaching and learning that is going on between the generations.

With this booklet by Schmall and Pratt, you can see many examples of how you can take a different look at aging. Ask and look for "What Do You Know About Aging? Facts and Fallacies," PNW 453 published in August 1993.

#### Keds got caught overcharging

by Norma Simpson

In September, the Attorney General's Office of New York arranged a \$7.2 million 50-state settlement with Keds Corporation for setting prices on six styles of sneakers for women. Between September 1992 and February 1993 the company sold 5 million pairs of shoes. The company charged \$1-\$1.25 more for the shoes. Folks that is a lot of overcharges because of the price

Oregon's share of the settlement is \$63,000 which is pending court approval. The Attorney General's official will be present funds to charitable organizations that provide services to women aged 15-44. The Oregon Department of Justice is seeking proposals from relevant registered charities. One tutor upstairs just gave me one idea for here at Warm Springs. Do you have any suggestions of proposals that could serve a need here on the reservation or Jefferson County?

For more information about making proposals, contact Tim Wood or Jan Margosian at 378-4732 the Oregon Attorney General's office.

When prices go up fast, it's time to say, "There's more to it than meets the eye." The old saying, Buyer Beware is alive and well in the USA

Through the efforts of the Utili-

ties Department we will now have a

way to recycle newspapers here at

Warm Springs. There will be three



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

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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 are still looking and seeking leaders for different 4-H clubs. If you like you can even have a club in your home or in your location for community members that live close to you. There can be more than one club of the same type. 4-H clubs involve both youth and adults to do different activities. If you are interested in getting a club started please feel free to call and ask questions at the Warm Springs OSU Extension office or even stop by the office and we can get you set up with what you

need. You can call 553-3238 or 553-3239. We will be more than glad to assist the community. 4-H Recognition

It is time for recognition night with all the 4-H leaders/members of the Warm Springs community 1992-1993. The date set for recognition night is November 20, 1993 at 6:00 p.m. location to be announced later. There will be a spaghetti feed and refreshments along with a cake. Pins and certificates will be given out also. We are hoping that all the leaders, co-leaders, and will members come and join us. Letters will be sent out through the mail on the location of the recognition night. This year all the leaders and members have been doing a great job. Keep it up 4-Hers. Norma Simpson

Welcome back Norma Simpson! Norma Simpson is now officially on half time for work. We are glad that Norma is back and getting into the swing of working again. It is good to see that Norma is back with us, we missed you very much.

The 1993/1994 4-H clubs have started and we do have new clubs going also. Natural Resource club is our newest club. This year the new policy on the 4-H van is that all the registration forms need to be filled out and brought back to the 4-H office. These forms need to be filled out so that the leaders/members are in the 1-2-3-4-H for insurance. If you are not in the 1-2-3-4-H leaders and members are not covered with insurance and can not check the van out. If you have further questions please feel free to stop in our office or give us a call at the Warm Springs Ex-tension Office at 553-3238 or 553-



# Stain removal guide available at OSU Extension

particles will absorb the odor.

That's just one of the helpful tips found in the new "Stain Removal Guide for Washable Fabrics" now available from the Oregon State University (OSU) Extension Service. reports Ardis Koester, Extension

lication cover protein stains and red inks and dyes; fruit beverage, and

The procedures listed in the booklet are appropriate for removing stains from washable fabric, emphasizes Koester. If instructions state that the garment is to be washed, don't assume that dry-cleaning is also safe. Consumers should check care labels for recommended laundering procedures and follow those instructions after removing the stain.

Written by Ernestine Porter, Uni-

and consumer environment special-

looking for to remove a stain, give Norma Simpson a call at 553-3238.

lowed when using the products.

If you don't find what you are

# New headache theory

The October issue of Mayo Clinic's Medical Essay has some useful information for people who suffer from headaches, especially migraines. One of the most important things you can do before you seek help from your doctor or spe-cialist is to keep a Headache Calendar. Each time you get a headache, jot down your description of the pain in terms of its characteristics, severity, location and duration. It will help you and the doctor to discover what

triggers your headaches. Below is a chart from the Medical Essay that will help you to describe your head-

If you would like to read the entire Mayo Clinic Medical Essay on Headaches, you will find a copy in the OSU Warm Springs Extension office, 553-3238. The ten-page essay also mentions some other sources of information for sufferers.

#### Your headache guide

Controversies exist about whether headache is one disorder or many. Still, physicians continue to classify headaches on the basis of symptoms.

by the International Headache Society, an organiza-tion of headache researchers and clinicians.

| Headache and<br>Characteristics  | Location  | Severity                                      | Frequency and<br>Duration   |
|--|---|---|---|
| Tension-type:<br>Oull, tight, squeezing pain<br>that begins gradually.   | Forehead, scalp or<br>back of the neck,<br>often on both sides<br>of your head.                   | Mild to moderate, sometimes severe.           | Occasional to daily.<br>Lasts from 30 minutes<br>to all day.  |
| Migraine without an aura:<br>Throbbing or pulsating pain,<br>sometimes simply pressure.<br>Sensitivity to light and sound.<br>May be nausea or vomiting.   | Usually one side<br>of your head, in<br>forehead or temples.                                      | Moderate to severe, sometimes incapacitating. | Occasional to chronic.<br>Lass several hours to<br>several days.  |
| Aligraine with an eara:<br>Same pain and sensitivity to<br>light and sound as migraine<br>without an aura. Preceded by<br>visual distortions such as<br>blurred vision, zigzag lights.                                       |   |   |   |
| Chaster:<br>Searing, "drill-like"pain.<br>Feels like a "hot" poker in<br>your eye. Eye may become<br>red and teary; eyelid may<br>droop and pupil contract.<br>May be nasal congestion or<br>discharge, and facial sweating. | One side of your<br>head, usually in or<br>around the eye, or<br>near your mid face<br>and teeth. | Excruciating, worse than severe migraine.     | Lasts from 15 minutes to 3 hours; may occur one or more times daily in clusters that last for weeks or months. Usually occurs at same time each day, often starting during sleep. |

# In the unlikely event you get skunk

oil on your shoes, bury them fine, dry soil such as kitty litter or sweeping compound for several days. The fine

textiles and clothing specialist.

The six major sections of the pub-

stains; greasy food stains; special problem stains; and unknown stains. There is also an alphabetical index to

other liquid stains; greasy, nonfood versity of Idaho Extension textiles

ist, the new bulletin contains information about stain removal products, including cautions to be fol-

She has a few other techniques which she has written about in Spilyay which may solve the problems. As well, please call and tell her ways that you have removed stains from clothes the old fashioned way. She will write another article about your

# Plant & Soil notes: Newspaper recycling comes to Warm Springs

You might be asking yourself just what the heck newspaper recycling has to do with plants and soil. If you think about it, paper is made from different sites where old newspapers wood fiber, which comes from trees, which are plants. Newspapers are of little use to us after they are a couple of days old because what they say isn't news any more. Unless we think of something useful to do with old newspapers they are trash to us and have to go to the landfill. The more things that go to the landfill the bigger it has to be and the more land it takes up. This means less land for agriculture or grazing or whatever else

heck does newspaper recycling have to do with plants and soils? EVERY-THING!

can be dropped off: the Early Childhood Education Center, the Fire & you want to do with it. So, what the

Safety Annex Building (the Old Roads Department Building on Hollywood Blvd, near Shitike Cr.), and in Simnasho. There will be dumpsters at each site for old newspapers. They will look like trash dumpsters but will be painted differently and have

identifies them for newspaper recycling. At this time we only have the ability to recycle newspaper so nothing else should be put in these specially marked dumpsters. The cooperation of community members will be greatly appreciated.

It would be ideal if the various departments on the Reservation took the initiative on getting newspaper recycling started and set an example for the community. Newspapers could be collection sites. If you need containers for collecting newspapers in your office for more information on getting organized please contact Tribal Sanitarian Nancy Collins at 553-4943 or leave a message at 553-1195 ext. 4250. Newspapers collected through the

Warm Springs recycling program will be sent to Warm Springs Composite Products, a division of Warm Springs Forest Products. The newspapers will be used as a raw material in the production of fireproof building materials, making new products from

Now, the final question remains, "Why the heck should I bother to recycle newspapers?" There are several good reasons. Landfill space is expensive. Although we don't pay for it directly, landfilling refuse costs the Confederated Tribes money, which leaves less money for other things. Recycling old newspapers into new products is less wasteful than throwing them away. By making the most use of the materials that we have we are taking care of the earth and helping to insure our natural resources for the future. Also these old newspapers are going into new products that are being produced by the Composite Products Division of the mill. Warm Springs Forest Products is one of the major sources of income for the Confederated Tribes so supporting its production will ultimately benefit all the tribal members. Please support the new newspaper recycling program. You'll be benefiting the community, helping to keep it clean and taking care of everyone's planet.

### Stockman's Roundup: The art of haystacking one of those wide old hay rakes, and



By Bob Pawelek **OSU Extension Agent** Livestock and Range

It's a rare sight now when you drive through the country and see a haystack. Like so many other things that long ago were fixtures on the landscape, it has given way to progress and mechanization. And because of that, I fee a little sorry for the younger folks who never experienced the delight of climbing to the top of them, and then sliding down to land in a tangled heap in a bed of hay at the bottom.

The haystack was a structure, more or less, which was devised by the early-day farmers to store their hay crop until it was needed in the winter to feed the farm animals. The farmer, using one of those old horse-drawn cutters with the blade on the side, would clatter up and down the rows of grass, cutting it and letting it lay out in the sun to cure.

Then, after the passage of a certain period of time, he would hitch the horses (my own grandfather used a Belgian draft horse and a mule) to

gather they hay in piles or rows. Next came the chore of loading and hauling the loose hay up to the barnyard and making a stack of it, even though some farmers preferred to store it in large barns. This usually turned into a family affair, with each adult grabbing a pitchfork and going out into the field to pitch the hay up in the wagon. Now that was a task that required plenty of muscle. My particular duty, at age six, was to stay with the team, only later did I realize it was actually to stay out of the way.

Three poles had to be cut from young, tall pecan trees which grew on the river bottom, and were erected in much the same fashion as a teepee.

These poles were erected near the barn and that was the final destination of each load of hay. As each wagon arrived at the site, the contents were spread in a circle at the base of the poles, and those that followed were piled on top of the others. As the hay reached higher and higher, upwards toward the sky, the circumference of the circle tended to become smaller and smaller. When the last load arrived to top off the stack, the final shape had taken on an appearance much like that of Black

Those were the days when thin sheets of plastic were just becoming readily available for anyone, even to my grandfather. Progress of that sort was not a priority to him or his contemporaries in rural South Texas. He and they preferred to turn to other means of preserving the hay from being soaked by rains. Usually he

would have grandma rip apart several worn-out cotton sacks. He would lay one or two of these over the top of each stack, and then weight them down by tying stones or broken plow points along the edges.

And when the time arrived to feed the hay to cattle and horses, how was this done? You elders whom I know have tried it know that it isn't any easy task to take hay out of a stack that has had several months to settle. Well, most farmers solved this problem by having the local blacksmith make for him a device (hay pullers, I believe they were called) whose shape was similar to that of a branding iron. The end was pointed and had points on the side which were similar in

shape to certain types of arrowheads. The farmer would ram this device into the haystack, and as he withdrew it, the hook would catch and bring out twenty or thirty pounds of hay. He would then gather it into one of those old wire hay baskets and take it over to the feeding troughs. That also accounts for why a certain amount of loose hay was always at the bottom of the stack to cushion the falls of sliding boys and girls.

Now, when you ride out into the country, you no longer see haystacks. , like the windmill, soon will belong to the ages. In its place you will see enormous modules of neatly stacked square bales. Or, you might see those huge rolls lined up along the fence rows. They are practical, certainly, and progressive, undeniably. But they will never be as pleasing to the eye as a haystack, especially to a youngster who still re-

members them.

### the triangular recycling emblem on them in addition to labeling that Ideas given to correct bad breath (halitosis)

Many of us have seen the ad for mouthwash that shows the family and the dog avoiding the man of the house? What bad breath or halitosis

The September issue of UC Berkeley Wellness Letter has some ideas to correct the problem.

If bad breath (halitosis) is chronic, it may be caused by periodontal disease (inflammation of the gums). It can also stem from something as simple as food particles lodged between the teeth. A dry mouth can contribute to halitosis, because saliva helps keep bacteria in check; this helps explain "morning breath," since the mouth dries out during sleep. Certain medical conditions, especially respiratory or gastrointestinal disorders, may also be the cause. Other contributing factors: smoking, alcoholic drinks, and, of course, such foods as garlic and onions, which contain volatile oils that are absorbed into your bloodstream, carried to your

lungs, and released in your breath. Mints and mouthwashes will only temporarily quell bad breath; they cannot cure the underlying problem. Avoid strong-smelling foods and alcohol; and if you smoke, stop. Make sure you practice good dental hygiene: floss daily and brush after each meal. When you can't brush, at least rinse out your mouth with water. Also brush your tongue if it looks coated. If you tend to have a dry mouth, drink more water or chew

consult your dentist to make sure that gum or tooth disease is not the culprit. If it's not, see a physician to eliminate the possibility of lung or

#### sugarless gum. If none of this helps, gastric disorders.

Facts of Teen Life — A Positive View

- · Approximately 53,000 teen girls 15-17 years old in Oregon did not have a pregnancy in 1991. In other words, nearly 95% of 15-17 year old girls in Oregon were not pregnant in 1991.
- 52% of males and 55% of females in 1990-91 Oregon Youth Risk Behavior Study reported they had never had sexual intercourse.
- 26% of teens who have had sexual intercourse reported having used a condom at last intercourse.
- 95% of the teens in the study reported they had never been pregnant or gotten someone pregnant. Nationally, sexual intercourse reported by high school
- students declined from 59% to 54% from 1989 to 1991. 97% of Oregon high school students know that HIV infection is transmitted through sexual intercourse. 93% know that being abstinent or using condoms can reduce this risk.

From Klamath Extension Service "Home Front" newslet-