

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.

Roasting. When seeds are dry, mix thoroughly 2 cups of unwashed dry seeds, 1/2 teaspoon Worcestershire sauce, 1 1/2 Tablespoon melted butter, and 1 teaspoon salt.

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.

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

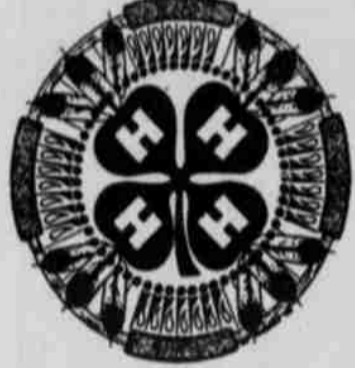
Sunflower seeds
Harvesting. Cut the sunflower heads with a stem about one foot long. Hang upside down in a dry location with good air circulation.

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.

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.

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.

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 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.

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.

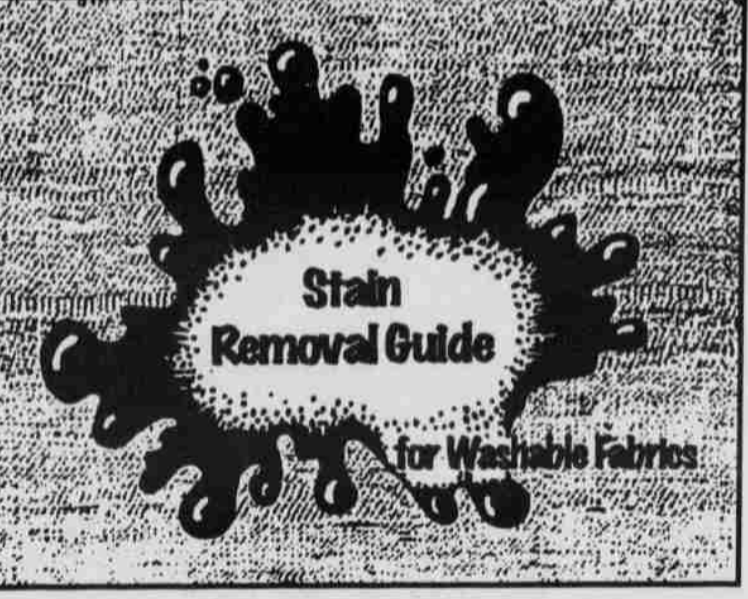
Stain removal guide available at OSU Extension

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 particles will absorb the odor.

stains; greasy food stains; special problem stains; and unknown stains. There is also an alphabetical index to stains. The procedures listed in the booklet are appropriate for removing stains from washable fabric, emphasizes Koester.

and consumer environment specialist, the new bulletin contains information about stain removal products, including cautions to be followed when using the products. If you don't find what you are looking for to remove a stain, give Norma Simpson a call at 553-3238.

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.



Stockman's Roundup: The art of haystacking



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.

one of those wide old hay rakes, and 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.

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 to know that it isn't any easy task to take hay out of a stack that has had several months to settle.

Plant & Soil notes: Newspaper recycling comes to Warm Springs

Through the efforts of the Utilities Department we will now have a way to recycle newspapers here at Warm Springs. There will be three different sites where old newspapers can be dropped off: the Early Childhood Education Center, the Fire &

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.

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.

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 the triangular recycling emblem on them in addition to labeling that

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.

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 he has! 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.

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 sugarless gum. If none of this helps, 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 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.



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

- OSU Extension Staff:
Arlene Boileau4-H & Youth
Bob PawelekLivestock
Norma SimpsonHome Economics
Carol Stevens4-H
Crystal Winishut4-H Assistant
Tim WojtusikAgriculture
Clint JacksStaff 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. 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

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 specialist 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 headache. 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.

Table with 4 columns: Headache and Characteristics, Location, Severity, Frequency and Duration. It lists symptoms like tension-type, migraine without aura, migraine with aura, cluster, and their corresponding characteristics and locations.