

Textiles in the news: thin insulation, carpets being tested

by Norma L. Simpson
Thin Insulation
Recently I bought a special pair of socks to go into my snow boots.

fumes have all evaporated.
Another problem with carpeting is the breakdown of aging carpet, and perhaps the backing of carpet such as foam.

consumers at this time. We'll have to keep our eyes and ears open for buying suggestions to get the best quality for our money.
Class action suit against carpet companies

toxic chemicals that emit harmful gases after the carpet or rug is installed. We'll probably learn more about the case during the months ahead.



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

OSU Extension Staff:

- Arlene Bolleau4-H & Youth
Bob PawelekLivestock
Norma SimpsonHome Economics
Carol Stevens4-H
Crystal Winishut4-H Assistant
Tim WojtusikAgricuture
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.

Daily activities suggested for strengthening families

A Family Strength: Love
The binding force of family relationships is love. A healthy family strengthens that bond by trusting, supporting, and caring for each other.

- 9. Have a family meeting to create a budget that allows for both necessary items and items from your dream board.
10. Take a course or learn a skill as a family.
11. Inventory one room in your house.
12. Work on income taxes. Talk

- about records you need to keep and why you need to keep them.
13. Make a list of 25 ways your family can reduce spending or increase income.
14. Compare prices from at least three sources before making a purchase of goods or services that cost more than \$50.
15. Read a book on goal-setting and talk about it as a family.

Another thin insulation is made by 3M. Thinsulate ceramic fiber is being used widely in skiwear. The ceramic structure enhances solar absorption by collecting the external heat of the sun and combining it with body heat for maximum warmth.
Carpets are being tested
There is evidence that carpeting may cause health problems, but the carpet industry and the EPA want more studies to be conducted.

- Suggested Daily Family Activities for February:
1. Say, "I love you."
2. Give a compliment.
3. Give at least three hugs.
4. Do a task without being asked.
5. Say to yourself, "I did that well."
6. Listen with your full attention.
7. Give yourself 10 minutes of free time.
8. Make a "dream board." Cut out pictures of three to six things you and your family want, and post them on your dream board.

1994 declared by Clinton International Year of the Family

In December, President Clinton and Governor Roberts joined leaders all over the world in declaring 1994 as International Year of the Family. Here in Oregon, more than 30 organizations have joined with the Oregon Home Economics Association to concentrate on ways to strengthen our families.

great experience looking at the characteristics of the animals that we admire. Keen sight, excellent hearing, industrious habits of ants and beavers, soaring free as the eagle yet male sharing care of the young as well as the mother, strength of the cougar, gracefulness of the deer and the cuddliness of a kitten.



Managing money classes set

Three evening classes, "Managing your Money at Warm Springs," are scheduled to be held at the OSU Extension Training room in the Education Center, February 16, 23,

28, 1994 from 5:30-7:00 p.m.
Class is limited to 25 participants.
Must register by February 9, by calling OSU Extension at 553-3238.

Insurance guide available

by Norma L. Simpson
If you have noticed that your auto insurance premiums seem to be going out of sight, perhaps you'll want a copy of this guide. It's cleverly written and concise, to give you suggestions for making changes in your insurance and save in your family budget.

different companies and also to look at the cost by size of community that you live in. People with good driving records are compared with those with bad driving records.

Rockin' 4-H Club to begin cow-calf herd this spring

The Rockin' 4-H Club is gearing up to start a cow-calf herd this spring. Very little money is readily available to buy any mother cows with, but the kids are really anxious to get started with a herd anyway.

Community members are being asked to assist if possible by donating a mother cow to the cause. That is, if your son, daughter, nephew, niece, or grandchild knows of a producer willing to donate a cow to the herd, why not ask him if they would like to help out.

Warm Springs kids need an outlet. Learning the traditional ways and values by raising livestock is certainly one of the best avenues to do so.
For more information about the Rockin' 4-H program, contact Bob (Texas) Pawelek, OSU Extension Agent at 553-3238.

Monitoring wildlife workshop set

Monitoring wildlife populations and other resources are fundamental to many land management goals. A workshop, sponsored by The Wildlife Society, Oregon Chapter, will be held at Sunriver, Oregon February 7 and 8, 1994. The workshop will offer statistical and methodological backgrounds needed to start a monitoring program.

Plant & Soil notes: Springtime landscaping

by Tim Wojtusik
Although it is still very cold outside spring is just around the corner. It might be difficult to think about growing plants with the weather the way it is but you might want to start planning. This spring could be the time to landscape your yard the way you have always wanted.

the appearance of your place but it can make it a more comfortable place to be and may even increase its value. Well-placed trees can provide cool shade on a hot summer day or slow those chilly winter winds.

anyone's yard and a vegetable garden provides food and fun family activity. Landscaping has many options and the possibilities are only limited by your own creativity. You can start small and slowly work toward your ideal yard to dive right in with an elaborate plan.

Farm Fair slated for Feb. 2-3

The fifteen annual Central Oregon Farm Fair and Trade Show will be held February 2-3 at the Jefferson County Fairgrounds in Madras. The fair will feature exhibit areas with a wide variety of agricultural services and equipment.

be of special interest to producers at Warm Springs, as well as to businessmen and individuals interested in learning more about farming and ranching.

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1 pound bags—\$2.00
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Contact Norma or Salli at
OSU/Warm Springs Extension
Education Center 553-3238

Happy Valentine's Day from OSU Extension Services

Making home fit your needs:
Wondering how to make your home an easier and safer place to live in? Review the booklet and find words that correspond with activities, design frustrations and features in the home.

Stockman's Roundup: Understanding scours



Bob Pawelek
OSU Extension Agent
Livestock and Range

from the intestines. Also, body fluids pass from the scouring calf's body into the intestines. It's a no win situation at this point, since the scouring calf loses fluids and rapidly dehydrates. Electrolytes are lost, and acid builds up.
Causes of calf Scours
Known causes of scours can be grouped into two categories, non infectious and infectious.

Nutritional Scours
Under range conditions, a calf adopts a pattern of nursing that fills its needs. Nutritional scours can be caused by anything that disrupts this normal habit. A storm, strong wind or the mother going off hunting for new grass disrupts the normal nursing pattern.

WORD LIST: ACCIDENT, ADAPT, BALANCE, BATH BENCH, BEND, BLINDS, CIRCULATION, COLOR CONTRAST, CORDLESS, DEADBOLT, DEPTH, EASY, ELIMINATE, FALLS, FIRE EXTINGUISHER, FIRM SEAT, GLARE, GRAB BAR, HAND-HELD SHOWER, HANDRAILS, HAZARD, HEARING, JAR OPENER, KNOBS, LEVER HANDLES, LIGHTING, MOBILITY, NIGHT LIGHT, NONSKID, OBSTACLE, PEEPHOLE, PHONE JACK, PULL-OUT SHELVES, REACH, REMOVE, REORGANIZE, SAFE, SAFETY, SECURED MATS, SENSORY CHANGE, SLIPPERY, SMOKE ALARM, STAIRS, STEPSTOOL, STORAGE, STRENGTH, THRESHOLD, TIMER, TROLLEY CART, TWIST, UNCLUTTERED, VISION, WINDOW LOCKS, WIRES