

Conflict can be difficult unless both parties work constructively

by Norma Simpson
 During the past couple of months we've been learning many of the things that help to deal with conflict. The Family and Community Leadership (FCL) guide training manual contains lots of valuable tools to help us cope with Conflict. We want to avoid having some people be losers and others be winners. Instead we want to have the "Win-Win" mentality, where everyone is satisfied with solutions to conflicts in our daily life. Here is a list of the Things That Increase Conflict.
 Give advice, diagnose the problem: You should have, The problem seems to be, The best solution...
 Persuade with logic, defend: Did you realize that, You've mistaken, You haven't considered, It stands to reason that, Look at it this way...
 Ridicule, shame, moralize: You've being inconsiderate of others, If you had stopped to think, You're making a mountain out of mole

hill, If you really cared you'd, You shouldn't think that way, You only want to look good, you are being a bit paranoid...
 Judge, blame criticize: That doesn't make sense, You are out of line, That was the wrong thing to say, You are being hard-headed, You're the one who...
 Warn, threaten: If you don't () will happen, It would be best for you if, You don't have the authority to, That is not how it is done around here, You must, I expect you to, You have problems with authority...
 Question, interrogate, interpret: Why did you, What made you think that you could, What have you done to try to solve it, You feel that way because, You have problems with authority.
 And here is a list of Things that Decrease Conflict.
 Schedule "conflict" discussion at a special time so they can be private and allow plenty of time to handle feelings and bring some resolution or closure (I want to discuss

() with you, but could we agree upon a time...
 Encourage each other to express the positive feelings for each other, what is appreciated about the relationship (I really admire your patience, You bring a different perspective to this issue which I don't have...).
 Encourage each other to fully express negative feelings about the issue without placing blame.
 Paraphrase what you thought the other person said, check out assumptions carefully. Accept honest feedback thoughtfully.
 Deal with behaviors, issues, not personalities.
 Take responsibility for your role in the conflict.
 Strive for a win/win solution.
 Note: Conflict is difficult, but with both parties working constructively it can be creative. The results can be a more rewarding and fulfilling relationship.



Information provided by:
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 - Home Economics
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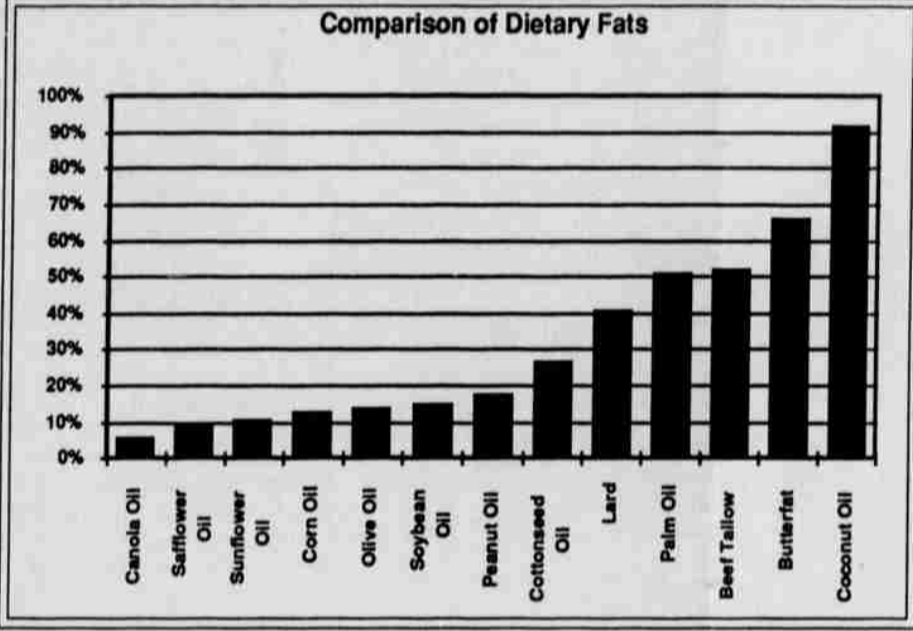
EDUCATION THAT WORKS FOR YOU

"Buttered" popcorn could lead to health problems

On April 25, the Center for Science in the Public Interest released a strong report against the high fat content served by movie theaters. About 70 percent of the theaters nationwide use coconut oil with 43 grams of cholesterol-raising fat and 901 calories in each medium-sized buck of popcorn. That is more than twice the daily limit of recommended saturated fat.
 According to an article in the Oregonian April 26, eve a five-cup bag of kid-size popcorn contains 14 grams of saturated fat. That is about three-fourths of the recommended daily fat limit.
 In one of the classes I conducted recently, the women said they did not understand what a calorie is. They joked about "I never at a calorie in my life."
 The truth is that the word "calorie" is a measurement of heat that is produced by the food that we burn in our body. Foods with lots of fats produce lots of heat as they are burned up in our bodies as foods are digested.
 You'll remember when you are hungry, sometimes you feel cool. Then, when you tank up, you feel warm all over. It wasn't just the warm food inside you, but it was the chemical changes in your body as the food was digested.
 The fats that d the most damage in the

body are the saturated fats. You can see from this graph the different types of fat have different amounts of saturated fats. Animal fats have more saturated fats than vegetable oils, with the exception of the coconut oil,

which is the worst culprit of them all. It makes the popcorn taste good, but you pay the price twice...at the cash register and in your poor health from heart attacks, obesity, diabetes and strokes.



Cause of wandering in A.D. patients unknown

Louise was beside herself. It was nearly midnight and Charles, her 77-year-old widowed father was still missing; having wandered out the backyard gate earlier in the evening during a family barbecue. Louise, her husband and her two teenage boys had searched the entire neighborhood for several hours. Their oldest son had even driven several miles to see if his grandfather had wandered to his Aunt Patsy's house. Later, at 3:30 a.m. the phone rang. The caller identified himself as a member of the State Patrol and informed Louise that he had found Charles walking beside the interstate freeway almost six miles from home. When asked by the patrolman where he was going, Charles had replied, "I'm going home to see my wife." Fortunately, Louise had placed her name and phone number in Charles' wallet, and this information aided the State Patrolman in locating her.
 Cases like the one described in the italicized section, are not uncommon among families caring for a loved one suffering from Alzheimer's Disease (AD). Researchers estimate that at least 70 percent of AD patients wander, and as a result are at risk of becoming lost. Some AD patients have reportedly driven hundreds and even thousands of miles from their home of origin. Others become

disoriented while travelling out-of-town, as well as trying to find their way around the local mall. Many AD patients are not able to ask for assistance when they become lost. Wandering behavior can be extremely frightening to loved ones who feel responsible for the well-being of the AD patient.
 Families caring for a loved one with Alzheimer's Disease often ask: "What causes a person with AD to wander?" "It is possible to predict when wandering will occur?" "What can we do to keep our loved one safe and secure?"
 Clinicians and researchers do not know the exact cause of wandering in AD patients, but speculate that restlessness might be due in part to lack of exercise, boredom, a change in the physical environment, stressful living conditions or fear produced by delusion or hallucinations. Wandering behavior may be a product of trying to search for something familiar or reassuring.
 Researchers claim that it is nearly impossible to predict when a person afflicted with AD will wander away from safe surroundings. However, it is important for caregivers to recognize that wandering is a common symptom of dementia and can be potentially dangerous to victims of Alzheimer's Disease.

Publication features local person, school

Dawn Smith and the Simnasho School are featured in "The Answer Book". Regular subscribers of The Bulletin received a 186 booklet in March 27 Sunday issue of the Bend newspaper. If you set it aside for the nice weather that day, you might have missed the articles about Dawn Smith, "Indian Instructor Focuses on the Whole Child." It's on pages 47 and 49. A special salute to Pat Matuska of The Bulletin for capturing the feelings and cultural uniqueness of Warm Springs.
 Let all of us help the teachers to reach dreams of "Zero Drop Out Rate."
 And Matt Sabo captured the spirit of the opening of the Simnasho school on page 55 in "Community Backs Simnasho School."

Stockman's Roundup: Preventing colic in horses



Bob Pawelek
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no ill effects, however.)
Management
 Horses that receive care on a day-to-day basis from their owners are less likely to colic.
Recent pasture access
 A horse's accessibility to a number of pastures was found to be associated with colic. Horses that had access to two or three different pastures during the previous month had a significantly lower colic risk compared to horses that did not have any pasture access. The results suggest that moving horses between pastures at intervals of 10 to 14 days could lower colic risk.
Outside water access
 Horses pastured outside without access to water, even if outside for only one or two hours, are more likely to be colic cases. Horses older than six years of age appear to be more susceptible to the effects of short-term water deprivation. These horses are 10 times more likely to get colic if kept outside without access to water.
Concentrated feeds
 Colic risk is elevated in horses that consume greater amounts of whole grain corn. Colic risk is increased 70% for each one pound increase in whole grain corn.
Worming
 Horses wormed on a regular basis had significantly reduced incidence of colic. This finding may support the idea that gastrointestinal parasites are a major cause of colic in horses.
Medical history
 A previous history of colic increases the likelihood of colic reoccurring, being four times more likely to have another episode. Horses with a prior history of colic and a recent (within the last four weeks) health problem are at even greater risk of colic.
 There is much more to learn regarding the development of colic before one can implement this information into specific care and management practices. The most important thing a horse owner can do is think of caring the animal in terms of preventing problems instead of treating them.

Hang on to your money; avoid pyramid clubs

by Norma L. Simpson
 Besides being illegal, pyramid clubs make "money for a few at the expense of many." That's what it said in a recent press release from the Oregon Attorney General office.
 A pyramid club called "Friends Network"

was shut down recently in Deschutes County. It's one of the schemes that promises you big money by soliciting a membership "gift" of \$1,500. In return it falsely promises that members will receive \$12,000 when they rise to the top of the pyramid. The temporary

restrinind order shut down the operation pending May 5 hearing.
 Pyramids are illegal in Oregon and many other states because they collapse easily, causing most participant to lose their initial fee before it is their turn to collect the large sums that they are promised in deceptive literature. According to the literature, spread by members trying to recruit new participants in the club further states that income received will be subject to state and federal taxes and that there is not risk involved in participating in the club. Both these representations are false.

Safety Training course offered

Attention farmers, ranchers and minors under 18, a new Oregon Wage and Hour Rules (effect March 12, 1990) may cause an additional liability to farmers and ranchers who plan on hiring minors under 18 years of age to legally operated power-driven machinery. That is the case unless such minors are certified as passing a tractor safety training program (there are some exceptions). To assist farmers, ranchers and minors affected by these new rules, the Extension Service is taking reservations for it's Central Oregon Farm and Tractor Safety Training and Certification Course. The course will be

conducted at the Madras High School on June 15, 16 and 17 from 8:00 a.m. to 5:00 p.m. Farmers and ranchers may wish to notify youth of this course offering. Class size is limited to 20 students and is being given only for minors who will be 14 to 17 years of age during the coming agricultural season. Students need to be registered by June 10. A total fee of \$20 will be charged to each student taking this 22 hour course. For further information or to make reservations please contact the Jefferson County Extension Office (475-3808) or the Warm Springs Extension Office (553-3238).

Rockin' 4-H Livestock club in the cattle business

Thanks to the generous donation of two yearling heifers by Evans Spino, the Rockin' 4-H Livestock Club is back in the cattle business. Preparations have been in the making for several months, with much more to do.
 "The fences on the 4-H Range still have to be tightened up," says Bob Pawelek, OSU Extension Agent, who is overseeing the project. "We're working hard to get the word out that kids can learn a lot from managing livestock," says Pawelek. "It's tough work sometimes, but very rewarding to both the kids and the parents."
 Three bred Hereford heifers were also brought in from the Don Anderson Ranch in Arlington. A grant from Heifer Project International may help bring in more cattle soon. However, donations from the public are welcome. Contact the OSU Extension office at Warm Springs, 553-3228 for more information.

Plant & Soil Notes: High Desert Gardening

There is a newsletter available for people interested in gardening and home horticulture in Central Oregon. This free monthly

newsletter is published by the Deschutes County Extension Office and may be interesting and informative to members of the Warm Springs community.
 "High Desert Gardening" covers new subjects each month including: plant and vegetable varieties for Central Oregon, lawn care, fruit trees, insect and weed problems and many other subjects of interest to the home gardener. If you are interested in receiving "High Desert Gardening" by mail please contact the Warm Springs Extension Office (553-3238) to put on the mailing list.

OSU taking bus to sewing fair at the Memorial Coliseum

Home Economists in Business of Portland are planning another Sewing Fair in the Portland Memorial Coliseum, September 16 and 17.
 OSU/WS Extension is planning to take a van or bus to the event on Saturday September 17, if we have enough people to register for the event. We leave early in the morning and return the same day.
 If you are interested, please call the OSU/ Warm Springs Extension 553-3238. Then the first week of September you will need to pay in advance for the ticket. You will pay half the cost of the transportation plus the admission. We'll give you more details closer to the event but we need to know how many people might like to go, to make the bus reservations.

Bring pressure canner lids for testing

If you are lucky, you have been canning some salmon and steelheads. If so be sure that your pressure cooker is working properly. Every year the dial pressure gauges should be tested, so that you don't risk the health of your family nor waste the precious fish to food spoilage. Any low-acid foods should be preserved in a pressure cooker. Fish, meat, poultry, low-acid vegetables and mixed foods like chili or soups. We no longer recommend canning chili with meat because the chili con

came is too thick to safely preserve.
 If you call ahead to the OSU/Warm Springs Extension office (553-3238), we can set a time to test the gauge while you are there. Otherwise you can bring the lid and it will be tested by Friday afternoon of that week.
 It takes about 20 minutes to test the lid starting from the time the tester is filled and the water reaches the temperature we need to test the dial.