

Control of aphids can be done naturally

Controlling Aphids

There seems to be an aphid for every type of house and garden plant. More than 4,000 species of these tiny insects have been described by scientists, and there are probably plenty more yet undiscovered.

Aphids are tiny, soft bodied, plant sucking insects. They can be just about any color. Most are "naked", without a hard exoskeleton, but some species have a soft, cottony substance over their bodies. Some have wings and some do not. Aphids are about one-tenth to one inch long and have long, needle-like mouth parts which are adapted to pierce and suck out plant juices. Most aphids secrete honeydew, a sweet, sticky substance which is a food source for ants, bees and flies. Some kinds of aphids may spread plant viruses from one host to another. Dripping honeydew also encouraged sooty mold growth on many plants.

There are a number of strategies to keep aphid damage at a minimum without resorting to toxic chemicals. Because there are so many kinds of aphids with varying life cycles, aphid control strategies recommended by Oregon Department of Environmental Quality (DEQ) and Washington Toxic Coalition include:

1. Using smart landscape design. Do not have aphid-attracting plants where aphids or their honeydew will do harm. For example, birches are notorious aphid-attractors. Don't plant birches near driveways or decks, or your vehicles and decks will be sticky with honeydew.
2. Keeping plants healthy. Plants with adequate supplies of nutrients, water and light can fend off aphids more easily than sickly or stressed plants. Avoid over-fertilizing. Succulent new growth attracts aphids. The use of slow release or organic fertilizers help avoid an overdose of nutrients to the plants.
3. Physically removing aphids from the plants they feed on. A periodic strong spray of water with the garden hose can work wonders with aphids on rose shoots and buds, bean plants, young broccoli and cabbage shoots and other tender garden foliage. Cut off particularly infested plant parts. Also, aphid traps, sold in garden stores, trap the tiny critters in a non-toxic sticky substance. Quarantine aphid-infected house plants.
4. Introducing or encouraging natural

aphid predators. Avoid the use of broad spectrum pesticides which kill aphid predators such as ladybugs and green lacewings. Do not purchase adult ladybird beetles because they will disperse when released. A better predator to purchase is the green lacewing, available for sale as eggs or larvae. Good plants to grow to attract and foster natural predators include: yarrow, wild buckwheat, white sweet clover, sweet fennel, sweet alyssum, spearmint, Queen Ann's lace, hairy vetch, flowering buckwheat, crimson clover, cowpeas, common Knotweed and caraway.

If the above strategies just don't seem to do the trick, you might want to try the least toxic method of chemical control of aphids-Commercial insecticidal soaps. These soaps, available at most lawn and garden stores, eliminate only the insects that come in contact with the soap.

Using insecticidal soap on aphids allows predator insects, with harder bodies to survive and naturally control aphids. Commercial formulations of these soaps have been extensively tested on plants so they are safer than homemade solutions.



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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

OSU to present money management to youth

by Norma Simpson

During last years' evaluation of the Summer Youth Program, the youngsters asked for more help in managing their money. When Annie Kalama of the Employment Training Department learned about the money management programs that we had completed with adults, she asked me to plan two programs

that would fit the needs of Warm Springs youth. The first program will be Tuesday, July 5 from 8 a.m. to 12 noon, and the second program will be held Monday, July 11 from 8 a.m. to 12 noon at the green house on the corner of Warm Springs and Paiute Streets.

Part of the program will include having two or four of the young people work with me in preparation of the teaching materials. Usually the Extension workers go with the materials prepared for the groups to use. This time, the tasks of getting ready for a workshop will be part of their training, photocopying handouts, making new instructions for the bean games, making sets of games, and making educational packets for the Money Management workshops for Summer Youth.

Dry mouth is more common among older adults

by Norma L. Simpson

If you are one of the pill poppers, you might have noticed that some of those pills really make you thirsty. There are over 400 medications that list dry mouth as a side effect.

The main medications are for blood pressure, depression, painkillers, tranquilizers, diuretics and even over-the-counter antihistamines can cause a decrease in saliva.

Radiation therapy and chemotherapy can also cause changes in saliva composition and output, resulting in dry mouth.

Although there is no single way to treat dry mouth, the National Institutes for Dental Research recommends the following steps to

relieve the sense of dryness:

1. Take frequent sips of water or drinks without sugar. Avoid caffeine-containing beverages like coffee, tea and soft drinks.
2. Drink frequently while eating. This will make chewing and swallowing easier and may increase the taste of food.
3. Keep a glass of water by your bed for dryness during the night or upon waking. It's better to use a dark colored glass or plastic cup so that you can see it without your eyeglasses. Some containers come with a coaster or cap to keep dust out of the water.
4. Chew sugarless gum. Chewing may produce more saliva, but gum chewing can also make the stomach think that food is on the way down the gullet. If you have problems

with ulcers, you could be adding another problem that you can do without.

5. Eat sugarless mints or hard sugarless candies, but let them dissolve in your mouth. Cinnamon and mint are often the most effective.

6. Avoid tobacco and alcohol.

7. Avoid spicy, salty and highly acidic foods that may irritate your mouth. Well, after all those things to avoid, life might not be so rosy. Remember when older people do experience dry mouth, it is because they suffer from diseases that cause the conditions or take medications and treatments that produce dry mouth as a side effect.

4-H
It does a body good!

The Clover Speaks

4-H Record Book

All 4-H members planning to participate in the 1994 Jefferson County Fair must have their 4-H leader turn in their 4-H Record Book. Your record book needs to contain: permanent record, project or animal science record, feed & growth record advancement records when appropriate and your 4-H notes. You may turn your books into the OSU Extension Office located at 1110 Wasco Street. Thank you.

4-H Camps 1994

A description of 4-H camp is getting young people together for three to five days of 4-H resident camping while providing a unique experience for youth and adults. Camping programs may assist in the growth of individuals and in the development of philosophies, attitudes, skills and values.

The use of recreation, the outdoor environment, being away from home and the support and enthusiasm of staff, all contribute to a child's growth experience. Much of 4-H camping success lies in the fact that although it's objectives are EDUCATIONAL, they are achieved through a recreation and leisure program.

Youth bring enthusiasm for learning and a desire for fun and adventure to the camping experience. Skilled leaders provide guidance and counsel during these formative years. Add skilled leaders, enthusiastic campers, great meals and the wonderful outdoors and you have provided a great opportunity in learning to get along with others, respect for our natural resources, self value and a summer with terrific memories.

Sometimes people get confused about the camps we offer in Warm Springs, so we wanted to let everyone know about both camps to help end any confusion.

Camp 4-H A-Soar-Us

This year's 4-H Tri-County Camp is full,

sorry if you are too late for this year! Remember, camp fills on a first come, first serve basis. Next year be the first to register!

There are three Extension offices that are involved with the planning and running of the 4-H Tri-County Camp held in June. The Warm Springs Extension office works with Jefferson, Crook and Deschutes Counties Extension offices developing a new theme every year! This year's theme is dinosaurs. Directing this year's camp is Arlene Boileau. Camp 4-H A-Soar-Us will be located at Crystal Springs in the Ochoco Mountains east of Prineville June 19-23. This is an annual camp usually taking place the third week in June. If camp was full this year, keep in mind for next year and be sure to contact your local Extension office. Ask for 4-H Tri-

County registration information. For all you campers who will be joining us this year, we are glad to have you and look forwards to one of the best camps ever!

Camp 4-H Wilderness

This year's 4-H Wilderness Camp theme will be "Honoring our Reservation". Campers will learn all about their reservations History and Cultural Traditions.

4-H Wilderness Camp is held at Trout Lake which is located 20 miles northwest of Warm Springs. This camp offers a Day Camp on the 8th & 9th of August with the overnight campers arriving on August 10th and returning home August 14th. On the last day of camp we hold a family dinner. After dinner, parents take their happy camper home. Arlene Boileau directs this camp which is held

annually during the second week of August.

Stop by and pick up a 4-H Wilderness Camp registration form and be sure to return it quickly because this camp fills on a first come, first serve basis too.

4-H Leaders Needed

The 4-H program is always on the look out for community members willing to lead a Project/Club. This summer would be a great time to start a project of any kind. 4-H is a good way to bring families together or community members who would like to spend time working with youth. Stop by the Oregon State University Extension office located at 1110 Wasco St. and check out the 4-H project materials.

Using commodity foods simple, delicious

by Norma L. Simpson

Aroma of tamale pie and lima bean soup filled the air on April 29 at the Commodity Food Center. June 9th, we will have a repeat performance at the Senior Center just before the Thursday luncheon.

Recipients and many others who came to the building in April nibbled and munched the delicious foods made from the beans. Bean dip and chips, a cup of soup and a sample of tamale pie topped off with Fiesta Cake. One young lad watched with great interest and I'll bet that he's figured out a way to make Tamale Pie by himself.

The secret of using the vegetarian beans is to drain off the sauce that it comes in. You wash the beans with cold water to remove all the sauce. Then you can give the beans any flavor you want.

Stove-Top Tamale Pie
Makes 5 servings, 1 1/3 cups each.
1 can vegetarian beans

- 1 can whole kernel corn
 - 1/4 cup green pepper, chopped
 - 1/4 cup onion, chopped
 - 1 1/2 teaspoon oil
 - 1 can tomatoes with juice
 - 1 tablespoon chili powder
 - 1/3 cup cornmeal
 - 3/4 cup water
 - 1/2 cup cheese, grated
- (If the skillet or frying pan are very large, you will need to double the cornmeal, water and cheese to the following to cover the top. That is 2/3 cup cornmeal, 1 1/2 cup water and 1 cup grated cheese.)

1. Drain vegetarian beans and corn. Rinse with water.

2. Cook green pepper and onion in oil in a large skillet until soft.

3. Mash tomatoes with a fork. Add tomatoes and their juice, vegetarian beans, corn and chili powder to the skillet.

4. Cover and cook over low heat until flavors are blended, about 10 minutes.

While the bean mixture is heating:

1. Place cornmeal and water in a small

saucepan.
2. Cook over medium heat. Stir while cornmeal gets thick.

3. Mix cheese with the cornmeal.
4. Spread cornmeal and cheese mixture over bean mixture to form a crust.

5. Sprinkle more chili powder over crust, if desired.

6. Cook over low heat without a lid until crust is set, about 5 to 7 minutes.

Nutrition information for each 1 1/3-cup serving: Calories = 220; Carbohydrates = 37 grams; Protein = 9 grams; Fat = 6 grams; Sodium = 762 milligrams.

If you cook the tamale pie at too high a temperature in step six, the sauce bubbles up and splatters the kitchen. If you cook it at the low temperature, the sauce will bubble along the edge and make a decorative feast.

At the Senior Center we will also experiment with several Pumpkin recipes provided by the Multnomah County Extension home economists who work with the commodity food recipients.

COCAAN offers help

By Norma L. Simpson

Twenty Central Oregon program planners met in Prineville in April to learn about the latest COCAAN connections aimed at low income families. Sandie Schultz, director of the program is interested in working with families in Warm Springs. The program will emphasize "No Cost Conservation Practices" and "Low Cost Measures."

We'll be holding some group meetings in all parts of the reservation as well as individual home visit to see ways to reduce the costs of heating, cooking and cooling our homes.

If you would like some assistance, please call OSU Extension, 553-3238, and we will make a list of the people who want to reduce their electric and gas bills.

Stockman's Roundup: Deworming cattle pays



Bob Pawelek
OSU Extension Agent
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Stockman's Roundup: Deworming Cattle Pays

Bringing the cows in to the corral to separate and work calves is a great time to deworm the entire herd. A good stockman will give the cows a booster vaccination anyway, so while the cow is in the chute, why not treat her for worms too?

The reason we deworm is simple. Intestinal worms are parasites; and a lactating cow has enough to do without pesky worm competing with her for nutrition.

There is another reason a good stockman treats his herd for worms-weight gains and profit. For stocker calves, deworming can enhance gains as much as a third of a pound per day. For herd bulls, it helps keep them

healthy so they can do their jobs. For cows, it frees up the digestive system and helps them wean heavier calves. They can breed back faster than non-treated animals.

These are all good reasons why we should spend the extra cash for a good anthelmintic dewormer.

Management of pastures is another aspect of deworming. Depending on weather and

climate, pastures grazed in spring and then again in the fall will have less risk of heavy infestation of parasites than pastures grazed throughout the summer. Where possible, allow cattle to graze the pasture for only one period during the year. When deworming with anthelmintics, move cattle to a clean pasture right after treatment. This is important to avoid reinfestation.

Dewormers for Cattle:

Generic Name	Brand Names	Route*	Comments
thiabendazole	TBZ	B, D, F, P	Parasite resistance is a problem
levamisole	Tramisol Ripercol Levasol Totalon	B,D,I,S	
ivermectin	Ivomec	I, Pour-on	Very effective against roundworm larval and encysted stages and external parasites.
morantel	Rumatel Nematael	B,F	
fenbendazole	Panacur Safe-Guard	D,P,Salt	Effective against tapeworm. Some effect on encysted roundworm larvae.
albendazole	Valbazen	D	Effective against roundworm, liver fluke and tapeworms.

*Route administration: B-bollet, D-drench, F-feed, I-injectable, P-paste, S-skin, Salt-salt block.

Remember to drink plenty of water

by Norma L. Simpson

It was very hot when I got in the car after lunch. I went to reach for a cool drink when I remembered how important it is to drink plenty of water during the hot summer months.

Actually it is important to drink six to ten glasses of water every day. Normally our daily intake of water balances the 2 to 3 quarts of water we lose each day through

elimination, perspiration and evaporation from the lungs.

Most of the time, thirst is an adequate guide for the need for water, but not always. There are times when you may not feel thirsty but need to drink more water. For example: when you perspire heavily, when you are sick and have a fever; when you sit in the sun; when you are taking diuretics and when you consume alcoholic beverages.

Think ahead when you are planning a trip in your rig. Carry a 32-ounce plastic squeeze bottle of water with you when you leave home. Refill once to achieve the goal of 8-ounce glasses of water. To make the water more appealing, add a squirt of lemon or another favorite juice.

The Nutrition Notions information for Senior Citizens has more information about the water as a nutrient. If you would like a copy, call the office and ask for Norma Simpson.

Know safe meat handling

Some common sense reminders about how we should be caring for the beef we cook:

1. Keep all meat refrigerated until ready to use.
2. Raw meat and poultry should be thawed in the refrigerator, or, if using a microwave, on the lowest setting immediately before cooking.
3. Keep meat separate from other foods and working surfaces.
4. Utensils and hands should be washed after touching raw meat.
5. Cook ground beef and poultry thoroughly; juices should run clear.
6. Refrigerated leftovers immediately.
7. Keep kitchen area clean and disinfected. (You know the little indestructible black box that is used on planes, why can't they make the whole plane out of the same stuff?)

You know the little indestructible black box that is used on planes; why can't they make the whole plane out of the same stuff?!