

## Institute draws up 12-step plan for health reform

by Norma Simpson

The latest issue of "Western Wire" the magazine of the Western Rural Development Center includes an article about health reform which summarizes the major concerns affect us in Central Oregon. Since Health Reform is one of the major policy issues that concerns the Extension home economics agents, I've spent a lot of time looking at the videos and attending training sessions in June.

Here are a list of 12 concerns expressed by the Rural Policy Research Institute located in the midwest. They look very much like the concerns expressed in Oregon.

**Issue #1:** Increasing the National's supply of primary care physicians and improving their geographic distribution. The suggestions includes need for incentives built into the recruitment of rural students and training them in rural areas.

**Issue #2:** Enhancing and accommodating the role of the non-physician providers in rural areas. Such providers include nurse

practitioners, physician assistants, certified nurse midwives. Unfortunately the national supply is limited and a number of barriers prevent their full potential from being realized. We can do some thing about conditions to improve our health care options.

**Issue #3:** Cost-effective programs designed to affect the supply of providers and the availability and accessibility of facilities. It is important that the reform not lost sight of the critical role these types of programs play to have access to rural populations.

**Issue #4:** Ensuring sensitivity to rural needs and concerns in any type of restructured system of health care. It will take all the creativity we can muster to form multi-county alliances to overcome the existing problems.

**Issue #5:** Financing reform from Medicare "savings". Because of the High proportion of elderly in rural areas, Medicare is a critical source of payment for providers. Reforms should not put the rural providers at risk. The

adequacy of Medicare payments what are "allowable costs," and the "cost-shifting" related to Medicare are critical issues from a rural perspective.

**Issue #6:** Preventing the permanent institutionalization of existing reimbursement inequities. Health reform legislation should address the ongoing concern of rural payment equity. It does not do that at the present.

**Issue #7:** Reducing/eliminating uncompensated care via universal coverage and appropriate limits on co-insurance and deductibles.

**Issue #8:** Reducing current administrative complexity. The goal should be to simplify and reduce the bureaucracy.

**Issue #9:** Appropriate requests for information from rural providers. It has been very visible to me the burden that I have had to place on the providers of my health care during the past year, and I have only been one of many in line.

**Issue #10:** Rural access to health insurance. The rates of uninsured and under-insured are generally higher among the rural population for reasons that include lower household incomes, relatively few large "insurance purchasing pools" and poorer health status. One of a number of proposals is the tax deduction of entire premium for the self-employed.

**Issue #11:** Financing mechanisms that are sensitive to rural economic reality. Lower incomes in rural areas mean the population has less ability to pay.

**Issue #12:** Rural economic development. Several scenarios often occur that are harmful to the local economy. (A) People in need of care with purchasing power go elsewhere because of inadequate local service. (B) People in need of care with purchasing power do not see care because of inadequate local services. (C) People in need of care do not have purchasing power use local service but no local spending course. (D) People and businesses leave and will not locate in rural areas for lack of health services.

## Sixth annual Sewing Fair scheduled

by Norma L. Simpson

Plans are underway for the sixth Portland Home Economists in Business Sewing Fair with a Warm Springs Extension Service van full of eager seamstresses for new fall and holiday ideas. The first 10 participants to sign up will receive a \$1 discount coupon for the admission, which sells for \$7. OSU/Warm Springs Extension provides the transportation and you provide the rest for the day excursion. To put your name on the list for discounts contact 553-3238.

The event is scheduled for September 16 and 17. However, the Extension Van leaves on September 17 at 7 a.m. on Saturday morning and returns at 9:30 p.m.

The 175 sewing fair exhibits booths will feature everything from fashion and craft trends, pattern making and quilting supplies, sewing machines with computer screens that

show the stitch designs and software to make them work. You'll see all kinds of new equipment and tools to make sewing exciting and rewarding.

Daily shows and seminars include: The Business of Sewing, Breaking the Rules with Quick Sewing Skills; The Art of Sewing Sleeves; The ABCs of Teaching Young Children to Sew; New Developments in Pant Fitting; and The Fabulous Creative Serger. You can get a complete list of the shows and seminars by sending a stamped self-addressed envelope to HEIR, PO Box 2009, Portland, OR 97208

The volunteers from the HEIR and the Oregon Home Economics Association use the event to raise funds for college scholarships and continuing education of HEIR members.

## Carpenter Ant Control

### Carpenter ants can do serious structural damage to just about anything

Its time once again for Carpenter Ants. About this time of year large black ants are found by homeowners inside, outside and all around the house. This is especially true for homes located near the woods. These ants are Carpenter Ant Queens. Each spring ant nests release large numbers of winged queens. The queens mate with winged males and quickly shed their wings so you rarely see the winged ants. Don't be overly alarmed, most of the queens die before they can ever start new nests.

Here are a few facts about Carpenter Ants:  
1) Carpenter Ants are relatively large black,

or red and black ants found around dwellings. The worker ants often appear in two different size classes, large and small. These are the major and minor workers. Major workers are the soldiers of the nest while minor workers mostly collect food. 2) Carpenters Ants don't eat wood, they only nest in it. They eat sweets and protein (as in dead insects), both collected outdoors. 3) Carpenter ants can infest sound, dry wood as well as wall voids, tree stumps, attic insulation. In short, just about anything that is, or can be made into a cavity. 4) Carpenter Ants can do serious structural damage so they must be taken seriously. 5)


They live in colonies with a queen ant. The queen directs nest activity. 6) Unlike termites, carpenter ants must have access to outdoors for the colony to collect food.

**Detection:** The best ways to detect a carpenter ant nest are (1) find sawdust piles near openings of their nests. The sawdust is kicked out as digging proceeds. (2) Find ants trailing into or out of the dwelling, perhaps through a crack or under the siding (this, by itself, does not locate the nest, it only indicates that there is a nest(s) somewhere inside). (3) Listen for scraping sounds of worker ants as they enlarge the nest inside a wall (the house must be very quiet). And, (4) nest are often uncovered during remodeling/construction.

**Biology:** A carpenter ant colony is composed of thousands of workers (both major and minor), a queen and at certain times of the year, male and female winged reproductives. Workers tend the queen and young, defend, clean and expand the nest and forage for food. The queen lays eggs and directs colony life. The reproductives are produced generally in the spring to establish new colonies. Winged females are the "founding queens".

The colony survives on food brought back to the nest by workers. This food is mainly APHID HONEYDEW, a sticky sweet liquid secreted by aphids and collected from infested plants near the nest. This, by the way, is another good reason not to plant shrubs right next to the house where aphids can build up. Carpenter Ants are also scavengers and prey directly on small insects.

In early springs, before aphids and other foods are abundant, workers may forage indoors, often in kitchens. Common, but overlooked passageways into a house are telephone, TV and electrical cables, especially if they pass near trees that harbor aphids. Aphids are so important to the colony that worker ants often "tend" them, much



**OSU Extension Service**

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

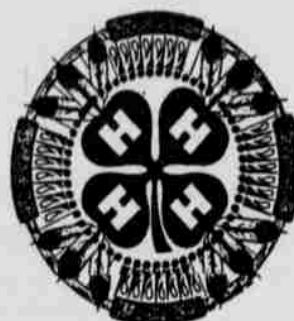
**OSU Extension Staff:**

<p><b>Arlene Boileau</b>  <b>Bob Pawelek</b>  <b>Norma Simpson</b>  <b>Carol Stevens</b>  <b>Crystal Winishut</b>  <b>Tim Wojtusik</b>  <b>Clint Jacks</b></p>	<p><b>4-H &amp; Youth</b>  <b>Livestock</b>  <b>Home Economics</b>  <b>4-H</b>  <b>4-H Assistant</b>  <b>Agriculture</b>  <b>Staff Chair, Madras</b></p>
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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



**Warm Springs 4-H Program**  
 What's going on in the OSU Extension

Office? Who is doing what? Lets start with the 4-H Program, Carol Stevens has moved on to attend collage. Her position will not be filled until a later date. Carol will be missed, we will miss her creative and energy filled pace around the OSU Extension office. We the OSU Extension office staff wish her the best in her life and her future.

Crystal and Arlene are working with Warm Springs 4-H Wilderness Enrichment Camp, Rainbow Dancers, Oregon Games, Country Fairs and State Fair.

Summer Youth Workers are Jenny M. Langnese and Wayne L. Gilbert. JTPA worker is Norma Smith Jackson. Secretary is Salli Blacketer.

Norma Simpson is busy teaching class with the Summer Youth Program and is helping Jeanne Thomas from the Museum design vests for the Summer Youth Workers at the Museum and planning canning and freezing fruits and veggies for later this summer. Tim Wojtusik is busy planning a work shop with Mike Bower from the Deschutes County Extension Office. The topic will be Central Oregon Gardening at Warm Springs.

Also in planning is 4-H Clubs for the fall, the new 4-H year will be starting in October. If you have a desire to be a 4-H leaders please contact Arlene Boileau or Crystal Winishut at 553-3238.

## Plant short season annual flowers for late summer color

By late summer, many flower gardens are past their peak of showy blossoms. Prevent late summer lack-of-color doldrums, by planting short-season annual flowers now.

Most of Oregon's growing region still have at least ten weeks of frostfree weather remaining according to Ray McNeiland, Oregon State University (OSU) Extension home gardening agent. There's still enough time to plant fast-growing annual favorites from seed like California poppies, marigolds, nasturtiums, zinnias, petunias, portulaca and sweet alyssums.

Plant annuals along borders and in spaces previously occupied by spring flowering bulbs. Water seedlings daily on hot, dry days until established.

## Year of the Family symbol used in beadwork

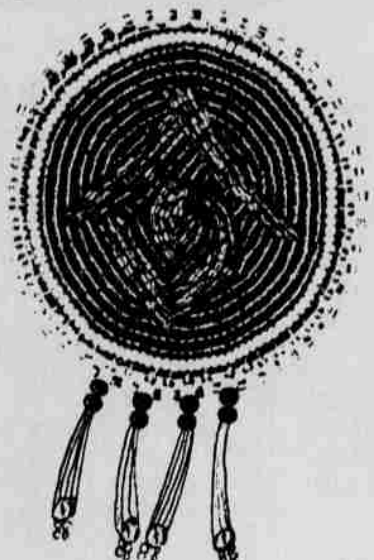
by Norma Simpson

We are midway through the International Year of the Family sponsored by the United Nations and thousands of organizations around the world. You've seen the symbol many times in the Spilyay. Before I went to the American Home Economics Association conference in San Diego, I asked Kimiko Mitchell to make several gifts for people to be honored at the conference using the emblem of the International Year of the Family.

The emblem is even more beautiful in beadwork. You'll see me wearing the latest necklace with the 3 inch wide medallion. Two others were ordered by a woman from California and another one by a woman from Connecticut. Both home economists are now attending a conference in England, where each country will display the many ways they have promoted the International Year of the family.

A hear sheltered by a roof, linked by another heart, symbolizes life and love in a

home where one finds warmth, caring, security, togetherness, tolerance and acceptance is the official emblem.



## Stockman's Roundup: Corral designs



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

### Corral Designs

Lots of folks come to the Extension office for information regarding working pens. Sometimes I'm not there, and folks may leave empty handed. Well, I would like to share with you what I have. There are several plans which I feel can help the hobby rancher, and those I include in today's column.

Another nifty idea for calving season-an edible windbreak. This can be constructed from six round bales of hay and two sheets of plywood. Position four bales in an "L" shape. Put the next two bales parallel to the first two in order to form a "U" shape. Lay your plywood on top of the bales. This is a neat idea in case you need feed the calves.

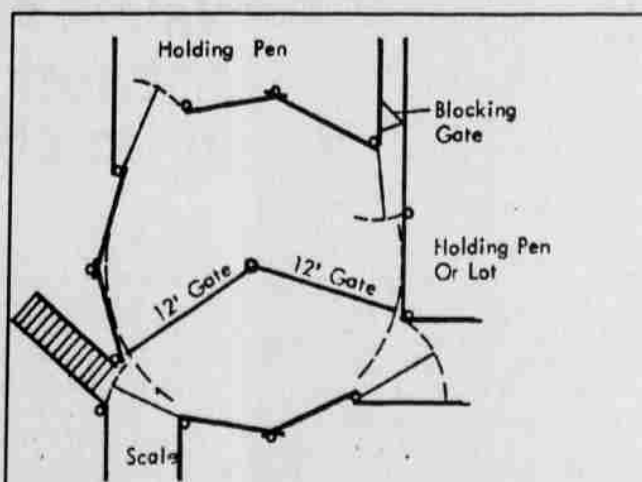
I have lots of play designs for feed bunks, self-feeders, gates, loading chutes and cattle guards. Stop by the office and I'll get what you need.

### Minimum Working Corral

Holding Pen, 20 sq. ft. per mature animal.  
 Crowding Pen, 150 sq. ft. or one truckload.  
 Working Chute, 18 to 30 ft. long, 26" max. bottom width headgate.  
 Loading Chute, 30" to 42" wide.

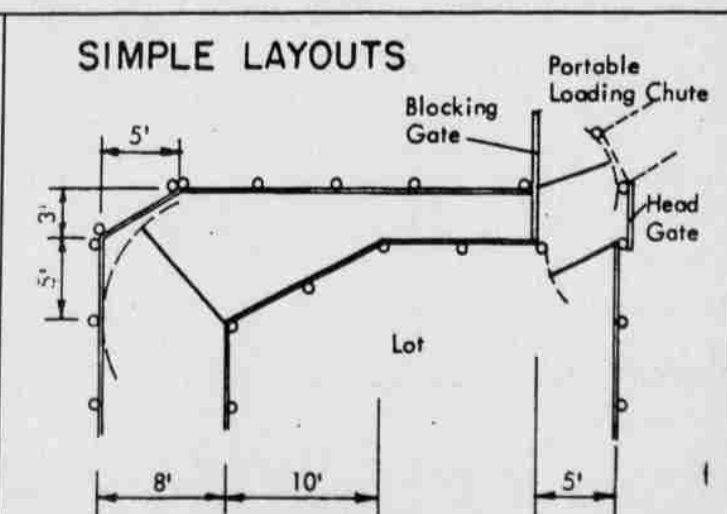
### Useful Features

- Additional holding pens.
- Blocking Gates-prevent crowding at scale, cutting gates, spray area, or squeeze.
- Cutting Gates-separate animals by weight, age, health, etc.
- Squeeze-restricts animal more than headgate, for veterinary services; required for branding.
- Scale-either large platform for truck or stock, or portable, for use in working chutes.
- Spray Pen-8'x30' for one carload; crowding pen may be use or dipping vat.
- Sorting Alley-10' to 12' wide.
- Provide water in lots for holding cattle overnight. Provide for feed and water in one holding pen to be used as bull pen.

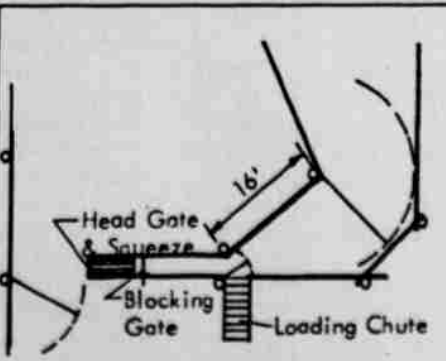


**CIRCULAR**

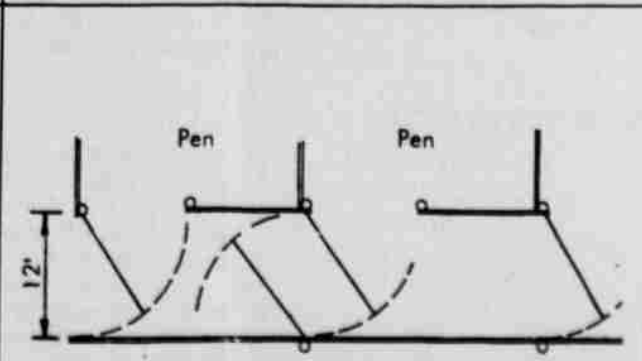
Positive crowding, more difficult to construct, less useful for other purposes.



**IN LOT CORNER**

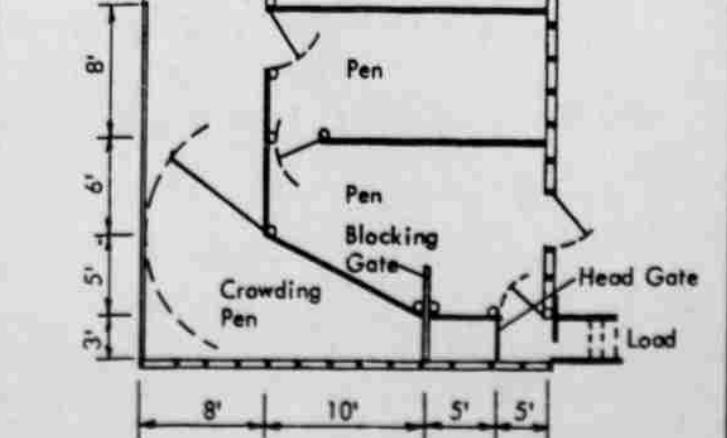


**FUNNEL CROWDING PEN**



**SORTING ALLEY**

With Cross Gates, Can Be Used For Spraying & Holding



**IN BARN CORNER**