

Encourage Warm Springs youth to stay in school

Young people in Warm Springs need a special kind of help from parents and friends. They need to be encouraged to stay in school to finish their high school diplomas on time. Yes, you can get a GED, that valuable piece of paper that says you are done. But that first piece of paper is only the beginning. Here in Warm Springs you have many opportunities to have more than one piece of academic paper. And each level of paper represents a higher level of knowledge which help you earn more money.

In July, the Census Bureau compared the 1992 earnings of Americans based on their education. Folks with a high school education earned \$18,737, compared to students with a bachelor degree who earned \$32,629. And folks with a masters degree earned an average \$48,653. The difference is staggering.

What is more staggering is when you see the difference between those who do not finish high school and those with an Associate degree or a Masters degree, when you look at their lifetime earnings. It makes you think it would be a good idea to get additional training.

The Bureau of Census study estimates the following lifetime earnings:

No High School diploma	\$ 609,000
High School Graduate	\$ 832,000
Attended College	\$ 993,000
Associate Degree	\$1,062,000
Bachelor's Degree	\$1,421,000
Master's Degree	\$1,629,000
Doctorate Degree	\$2,142,000
Professional Degree	\$3,013,000

While money doesn't make all dreams come true nor guarantee happiness, more

education does give you more options in the future. And more education gives you more confidence about handling situations that are new to you and your family.

Deadbeat parents may get caught

by Norma L. Simpson

The state of Maine may have just solved the problem of the Deadbeat Dads and Moms. Those are the guys and gals who have lots of children, then run off to leave them to care for the children with someone else to care for the next 18 years. The technique has been to take away the licenses-driver's license, business licenses and professional licenses from parents who don't support their children.

I first learned about this law from a brief radio broadcast. But Friday, July 29, the Boston Globe columnist, Ellen Goodman, wrote a Bulletin article to explain the details. The reason that the deadbeats have been unable to make the support payments, is that they have been able to get away with it. Well a year ago in August, Maine sent notices to 17,000 parents who were more than 90 days late in their support payments. All were warned to pay up, to make a payment plan, or risk losing a license.

Goodman says that a man with a license to run a junkyard-who had not paid child support in 10 years-came in the day after he got the notice and said "You got me now". A long-haul trucker came in to pay \$19,000, and another procrastinator paid \$4,000.

By June 1994, the state of Maine had collected \$12.0 million from 10,000 people in a state of only one million people before the first license was taken away. A few weeks ago, eight men who collectively owed

DON'T LET ANYONE TELL YOU THAT YOU HAVE TO GO TO SCHOOL...TELL YOURSELF...TO CONTROL YOUR FUTURE.

\$140,000 shared the dubious honor of being first to lose their license to drive.

In the aftermath of Maine's success, a dozen states are considering similar laws that apply to AFDC and non-AFDC families alike. There are plans to make state laws reciprocal, so that parents with children in one state and licenses in another would be vulnerable for child support violations as they are for driving violations.

In the USA, 97% of the non-compliant, non-custodial parents are fathers, they may start to finally pay their bills. In 1992, they owed \$35 billion to their 23 million children. Maybe at last we have found a way to catch the irresponsible bad guys and gals.

If anyone would like a copy of the Goodman's article, give me a call at 553-3238 and we'll send you a copy.



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

OSU Extension Staff:

- Arlene Boileau
 - Bob Pawelek
 - Norma Simpson
 - Carol Stevens
 - Crystal Winishut
 - Tim Wojtusik
 - Clint Jacks
- 4-H & Youth
 - Livestock
 - Home Economics
 - 4-H
 - 4-H Assistant
 - Agriculture
 - Staff 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

Check water heater operation to reduce costs

Water heating is the second biggest energy expense in most older homes, points out Dave Brook, OSU Extension energy agent in Portland. In new homes with high insulation levels, water heating may cost more than space heating.

You can keep your water heating bills down by helping your water heater make hot water efficiently and by using hot water wisely. Brook suggests the following steps: 1) Set your water heater to 120 degree F. That's hot enough for home use, even for automatic dishwashers. Changing your water heater setting should take no more than 5 minutes. Electric water heaters have two thermostats, for top and bottom elements. Use a mean thermometer to check the temperature of hot water from a faucet 6

hours later. Readjust the water heater setting if necessary. 2) Insulate your water heater. An insulating blanket costs about \$10 and pays for itself in less than a year. Even water heaters located indoors should be insulated. 3) Install water-saving showerheads. According to Consumer Reports tests, new water-saving showerheads produce an excellent spray. 4) Rinse all clothes washing loads with cold water. Many people find that they can wash most of their loads in cold water too, especially if they use liquid detergents. Follow fabric care label instructions as well as the detergent manufacturer's recommendations. Your old warm setting may be too cool for heavily soiled loads. 5) Don't leave the faucet running when washing dishes by hand. Use two sinks

or basins, one for washing, one for rinsing, or rinse dishes as a group. If you use a dishwasher, run full loads only.

If you regularly run out of hot water, Brook recommends that you observe how long it takes for the water heater to recover a full tank of hot water. For electric water heaters, a long recovery time likely means a burnt-out element. You can test elements with an electrical continuity meter. Elements cost about \$10 and are easy to replace, but you'll have to drain the tank first.

If you have an older gas water heater, slow recovery time could be a sign that the heat transfer fins inside the tank have corroded and the tank may need to be replaced.

Mammograms can detect cancer early

by Norma L. Simpson

Today I received another "A-Ok" report from the hospital after a mammogram last week. While I was waiting to see if the x-rays were clear, I picked up a brochure called "Caring for Your Breasts". It's clearer and more informative than many brochures that you often see, so I ordered a bunch to distribute at the OSU Extension office.

One example is the drawing of the sizes of lumps that are detected by different kinds of BSE, Breast Self Examinations. If you practice regular BSE, you will be able to detect a lump about the size of your little finger nail, as in #3 of the drawing. INSERT CLIPART

A mammogram will identify an average-size lump about like a bead, size 5 as in drawing #5.

The earlier the lump is detected, the better the chance is for a cure without an operation. Many women, young and old, have been successfully cured of cancer. So don't delay.

The Horror of Learning About Cancer I recall the horror of learning my mammogram results when the doctor said that I had fibrocystic disease and that I should have an operation as soon as possible before I went overseas. That was in 1978. I couldn't believe it. Why me?!

Fortunately a friend, who had a mastectomy, suggested I get a second opinion.

Her cancer doctor gave me a quick exam and promptly removed two vials of brownish fluid by aspirating with a needle and a syringe. The lab tests confirmed that the cyst's fluid was not cancerous. In the brochure "Caring for Your Breasts" it says "Fibrocystic Disease-These common non-cancerous cysts cause tender breasts, especially before menstrual periods." The x-ray images like broken glass were nothing to worry about.

Regular BSE and Yearly Mammograms Each year, an estimated 44,000 women die of breast cancer while only 300 men die of breast cancer. An 86-year old family friend has survived breast cancer detected in 1960, when doctors were just beginning to understand what treatment could prevent death.

Today early detection has greatly reduced the deaths of both women and men. Most cancers are found in the upper outer part of the breast, nearest the arm pit. The doctors in Australia and Papua New Guinea did palpitation probes more deeply into the flesh than doctors I have found here. The arm pit area is the location of the lymph nodes which is normally affected by cancer which spreads the disease to other parts of the body.

Early treatment will prevent the spread of cancer. Sure the mammogram machine pinches and hurts a bit, but not nearly like the pain of the disease.

For safety, follow canning procedures carefully; boil home-canned foods before serving

by Norma L. Simpson

This week a woman from West Hills called about a strange occurrence. She had been canning for 20 years, but never had lids creased when she took them out of the water bath. I haven't seen the results yet, but the Master Food Preserver book tell us that lids will buckle and jars may break if the ring is too tight, especially with raw-packed pressure-processed food.

When you have filled the sterilized jar, wiped the edge of any food or juice, put the lid on which has been heated according to the manufacturers directions. The heating is to sterilize and soften the gasket material on the lid. The hot self-sealing gum on the lid will form a tight seal with the bottle.

Next put the ring on the jar. Tighten ring just to hold the lid in place, then tighten a quarter turn more. When the ring is that tight, the gummy gasket on the lid will form the seal on the mouth of the jars, yet allows the air to come out as needed until the processing time is complete. When the hot jars are removed from processing pan, the gummy gasket will begin to cool, finishing the sealing process. When the jars are cool, the lids begin to pop and ping, as the vacuum seal is completed.

Standard canning jars have a flat surface on the jars opening which seals perfectly when the gasket cools. If you try to sue salad

dressing bottles, the edge is rounded, not flat, like this drawing and the seal will not be good.

Salad dressing bottles are not made of glass intended to be used a second time. Mason canning jars are made of special glass to use many times and are flat on the lip of the opening.

The Master Food Preserver book also recommends buying only the quantity of lids that you will use in a year.

ONLY PRESSURE CANNING FOR VEGETABLES, POULTRY, FISH AND MEAT

The most serious recommendation that we make about canning is please to PRESSURE CAN ALL LOW-ACID FOODS. These are foods: vegetables, poultry, fish and meat that must be processed at 240 degrees F, to kill harmful bacteria that grow in canned foods.

Unfortunately we have more of this type of bacteria in the soil in the Northwest states which is why we retested all the canning recommendations to be sure that the temperature is hot enough to be safe for our families to eat the foods. That is also why we do not recommend use of half-gallon or gallon jars for low-acid foods. The temperature inside the jar is not hot enough

to kill the harmful botulism bacteria.

SAFETY FIRST Canner Gauges

Be sure the pressure canner is operating properly. If you have dropped the lid, or if you have been doing a lot of canning, you should have the pressure canner dial gauge checked for accuracy. For our elevation in Warm Springs (between 2,001 and 4,000 feet) we use 12 pounds of pressure on the dial to reach 240 degrees F inside the jars.

If you have a pressure canner that uses weights that rock back and forth, be sure that all the elements of the gauge are there. Some gauges come apart for 5, 10 and 15 pounds of pressure. Above 1,000 feet elevation you will use the 15 pound weight.

Exhaust Air in the Canner Always exhaust air from the pressure canner before letting the pressure build up in the canner. If you do not vent or exhaust the air first, the air will be trapped inside the canner. That lowers the temperature inside the canner and the temperatures will not reach the 240 degree F temperature needed to kill the bacteria.

Proposed agriculture project to revitalize Moody property

A proposed agriculture project will revitalize the irrigable agricultural land on the property at the mouth of the Warm Springs

No No Ovens

Never can in any oven (electric, gas or microwave). The temperature inside the jars does not get hot enough to kill the harmful bacteria.

Boil Home-Canned Food

For extra guarantee of safety, boil home-canned vegetables for at least 10 minutes before eating them. Boiling before eating will destroy any harmful bacteria or poison they produce.

Camp to involve many children

Arlene is once again shepherding about forty (40) Warm Springs youth up to Trout

Lake for the 1994 4-H Wilderness Enrichment Camp. The kids will be involved in a number of outdoor activities, such as hiking up to the summit of Olallie Peak. They will learn traditional values held by our elders. They will also enjoy baked salmon in the cool evening breeze.

Many people have volunteered their time to assist Arlene in this annual event. In the next issue of the Spilyay, they will be named and thanked in a most generous way. The kids who make it to the top of Olallie will also get their names printed in the paper.



Stockman's Roundup: Another tribal enterprise?



Bob Pawelek
OSU Extension Agent
Livestock and Range

For the past six months, we have been researching an opportunity to establish another tribal enterprise. Together with the Economic Development Department and Natural Resources, we are appraising a project that could open up opportunities for tribal members who want to get into the cattle

business.

A new proposal for a range and livestock development project will establish a Tribal Herd of stocker calves on the Warm Springs Reservation. A pilot herd of one hundred calves will be established and managed for purposes of testing the ability of the Reservation's range to provide a traditional means of revenue for tribal members.

The basic premise is this:

1. Implement a Tribal Cattle Herd under the control and management of the Natural Resources Department.
 2. Establish a revolving loan fund of \$75,000 to support the project, managed by the Tribal Credit Department, renewable annually based success and financial performance.
 3. Evolution of entrepreneurial support for tribal members wishing to buy into the herd.
 4. Provide further programs which encourage more 4-H youth involvement in livestock management.
- Once Tribal Council has approved the project and the Revolving Loan Fund has been established, certain repairs at the 4-H range on Sidwiler Flats will be needed (corrals and fences). The 4-H range, approximately 1000 acres, will serve as

pasture for the plot herd. The Range is divided into 3 pastures, all of which have been underutilized for several years. Proper grazing rotation will easily support 100 yearling calves.

If all goes well, total project profit for the first year will exceed \$12,000. A good year will expedite another stocking in 1996, this time with heifers. From a herd of 100 yearling heifers, the top producing half (50 calves) will be held to form a core for a cow-calf operation. Warm Springs will then be well on its way to supply the demand for natural, low fat, range-fed beef.

4-H Herd Recovering It's been a long, hot summer for the 4-H Herd. Pastured at the old 4-H feedlot on Tenino road, the five cows and three steers have been menaced by packs of dogs each morning and evening for several weeks. They have also been harassed by several two-legged predators with nothing better to do.

If you happen to drive by the pasture and observe a peculiar occurrence as described above, please contact the police department. The folk down there have been very willing to help get the 4-H Herd going again, but we could also use your help to keep the vandalism in check.

After all, it's for the kids.

river known as the Moody Property.

The proposal includes the installation of a new irrigation system-a center pivot, using the Deschutes River as a water source. The project objectives will be to bring a prime piece of agricultural land back into production. It should also prove out a business model which can be duplicated by tribal members wishing to get into farming business.

The project will bring approximately 80 acres under cultivation again, and should yield high value commodity crops worth about \$1000 per acre. It will help support the need for more economic diversification and land-based business opportunities for tribal members.

Register now for Sept. 17 Sewing Fair

by Norma L. Simpson

The schedule and registration forms have arrived for the Sewing Fair 1994, September 16-17 at the Portland Memorial Coliseum. When I announced the event earlier in the Spilyay, I did not know that advanced registration is required for the 64 Seminars which are held during the Fair. You select three (3) free seminars as part of the admission price of \$7 or \$6 for one day only. If you wish to attend any additional seminars, the cost is \$2 each.

It's better to register in advance so that you will have tickets to the Seminars that you wish to see. The seminars will

compliment the 150 exhibits that you wander through at any time.

Make checks payable to Portland HEIB for each person registering. Send with a stamped self-addressed envelop so that your tickets can be returned to you by September 1, 1994.

Already we have four registrations for the Warm Springs van transportation which will be provided from the Education Center on September 17. That means that we have spaces for six (6) more people, all eligible for a \$1 discount on the general admission price.

Call Salli or Norma L. at the OSU Extension office 553-3238 to register.