

Composting can be easy and useful

by Timothy Wojtusik

Most people have heard something about composting at some time or another but there is still a lot of confusion. Put simply, home composting is allowing organic matter to naturally decompose. The organic matter can be many things; leaves, grass cuttings and food wastes from the kitchen, to name a few. Composting these materials can be done more easily, and with a lot less mess than you might think.

So why would you want to compost? First of all, the materials that are composted are not sent to the landfill. Less material going to the landfill means more space and a longer landfill life. We may not feel it directly but landfill space costs all of us money and reducing the amount of material we send to the landfill will mean money saved. Secondly, you may find a lot of uses for the compost. It can be used in a lawn or garden to improve soil structure and improve water and nutrient holding ability. It can even be

used for potted plants. Compost will make your plants happy. Besides these reasons composting is a way to put organic matter back into a natural cycle where it can be broken down and used, instead of burying it in a landfill.

Nancy Collins, the Tribal Sanitarian, has acquired a limited supply of back yard composters for use by people in the community. Composting can be done in all sorts of containers but these composters make the job quick and easy. If you think that you might want to give it a try give Nancy a call at 553-4943.

There is also an opportunity coming up for interested folks to learn a bit more about composting. OSU Extension is presenting a composting training session the 16th of February at 6:30 pm in the main floor training room of the Education Center (Old Boys' Dorm). Everyone is welcome so if you are curious please stop by.

Happy Valentines Day to everyone! From the OSU Extension office

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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

Regulations, regulations and more regulations

by Norma L. Simpson

During the changes of the US Congress, we have heard rumbles about getting rid of regulations on all kinds of things. Certainly there is a reason to change some things, but most often we turn around to say that we need protection for things beyond our control.

The most recent proposal is to improve the USDA inspection of meat and poultry. We asked for more surveillance of hamburger with the many outbreaks of E. Coli poisoning. And we ask for more surveillance of appliances when they shock us because they don't work. Or we want more attention to the safety features of trucks that explode into flames when they have been hit from side collisions. And we asked for recalls of new vehicles when 100% of one brand new vans were defective. And we ask for more surveillance when there are many plane crashes, crashes that could have been avoided if inspection had been tighter. Or we say, why do so many houses burn down, killing the occupants?

Changes in Oregon

A recent news release from the Oregon Department of Consumer and Business Services briefly outlined changes in Building Codes of new steel-framed buildings, installation of wood and pellet stoves, safety standards for protective clothing and equipment for workers. These changes came about because of problems that affect the general public.

While buildings in California complied with the national standards for earthquakes, 25% of the buildings developed cracks in welded connections of all-steel-frame buildings in quake affected areas. As a result, the Building Code Division has deleted this type

of point from the Oregon code, potentially saving builders and owners from greater expense in the event of a major earthquake.

Stoves in Manufactured Homes

Owners of manufactured homes wanting to install wood- or pellet-burning stoves must follow special rules, according to the state Building Codes Division. Both pellet- and wood-burning air must come from outside the home. In addition, they must have chimneys specifically tested and listed with the stove, and the stove must be installed according to the manufacturer's specifications. These stoves are not permitted to be installed in bedrooms and cannot replace heating facilities. All installations in existing homes must be inspected by a local or state building inspector. You can get additional information by calling Pat Lewis, Building Codes Division at (503) 737-1266.

Protective Equipment

We've all seen the humorous drawings of a farm worker that looks like a man from outer space. But we have not all seen the photos of people who did not get the protective clothing needed for the dangerous jobs they perform. That is why Oregon employers are alerted to the safety standards for personal protective equipment for workers such as gloves, goggles, helmets and safety shoes. By Oregon law, employers are required to assess hazards in their workplace and to determine which work spaces and conditions may require use of this protective equipment. The employers are also required to provide equipment that fits workers properly and train all employees on identifying when personal equipment is necessary, how to use it, and proper care and maintenance of equipment.

Contact Marilyn Schuster, OR-OSHA at (503) 378-3272 for more information.

Workers' Compensation Notice

Closely related to the protective equipment, is the assistance that workers can receive if they have been injured on the job. It is extremely important to report accidents as soon as possible but at least within 30 days according to the law. Some employers may state that they need to learn about accidents with 24 hours, so that the details of the event will be fresh in your mind and the witnesses names can be recorded accurately.

As far as employers are concerned, it is important to post a Notice of Compliance about Workman's Compensation Insurance. The notice must be displayed in a conspicuous work site location, and inform workers that the employer's coverage is current. It is illegal for employers to post the notice if their insurance coverage has lapsed.

Workers' compensation insurance protects business against work-related loss and ensure that injured workers are protected. The Notice of Compliance shows the employer and insurance company names, and the effective date of insurance coverage.

Before I came to Warm Springs, I had never used workman's comp. But it has been essential for me to use it three times since 1992. Once I nearly did not report the details as soon as I needed because the accident did not seem important at the time. Just a scratch on the knee. But it took many trips to Bend to care for the injury and I was grateful that the OSU staff helped me report the injury as required.

For more information call Jon Stubenvoll, Workman's Compensation Division (503)

Newborn sleeping tips for the parent

from Parents Expecting Winter 1994-95

It's understandable that after nine months in the dark, it takes newborns a while to catch on that they're supposed to do most of their sleeping when the sun goes down. Keeping up with a baby who wants to sleep by day and play by night is wearing. To help your infant get his internal clock set right:

*Have the child nap in a light, not completely noise free area by day and sleep in a dark, very quiet room at night.

*Try to limit daytime naps to a few hours each.

*When you rouse your baby from a nap, try to keep the child awake by talking to him or her or maybe wind up the tots musical mobile.

*Don't over stimulate your infant when he wakes during the night for feedings.

WAKING UP SLEEPYHEADS

Because some infants tend to dose off half-way through their meals, mothers need inventive way to keep them awake long enough to finish eating. Try:

*Undressing or unwrapping the baby.

*Change the diaper, even if it doesn't need it at the moment.

*Touching the infant's forehead with a dab of cold water.

*Jiggle the nipple.

*Burp the baby

LISTENING IN

Nursery monitors offer an alternative to spending the first two years of parenthood camped outside your child's room. These two-piece gadgets come with a transmitter for baby's room and a lightweight receiver that you can carry around. Even if your home is relatively small, a monitor lets you watch television or run the vacuum without fear of drowning out your baby's cries. Some receivers even work outdoors.

One warning: You could find yourself listening in on complete strangers if your monitor accidentally picks up the wrong channel (buy a model with at least two). We were staying with our baby at a friend's apartment when suddenly heard two adults talking, loud and clear, over our baby monitor. We had no idea which apartment the conversation was coming from, so, resisting any temptation to eavesdrop, we simply turned off our receiver. The experience taught us to be very careful what we discussed when our monitor was on.

Monitors don't outlive their usefulness so soon, either. They're just as handy for keeping tabs on a sick seven-year-old. Some models even offer a two-way talking option, so you could remind your teenager to do his homework from the kitchen without raising your voice.

Controlling your cholesterol can lengthen your life span

by Norma L. Simpson

February is Healthy Heart Month. This is the time to tell your loved ones that you would like them to live a longer life by eating a healthier diet. For some that sounds like punishment...but for others it means that people really do love you in more ways than a Valentine.

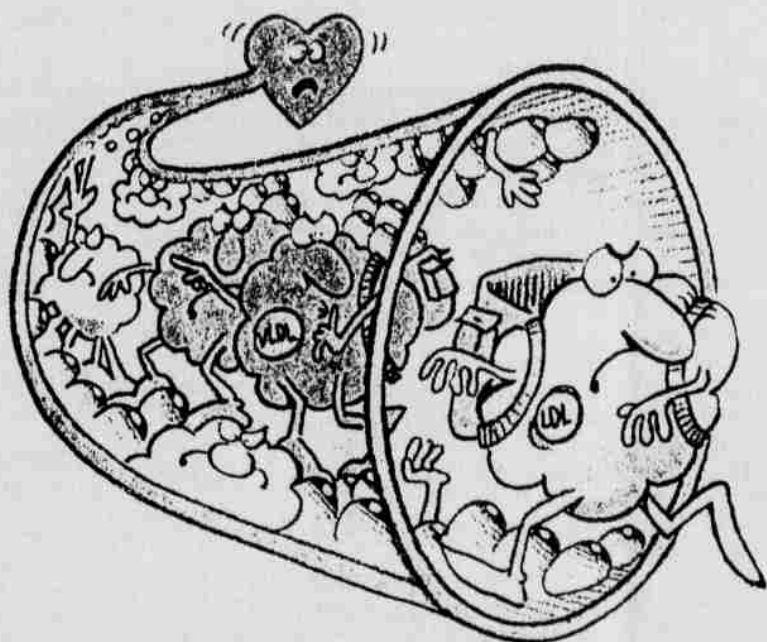
We're fortunate in Warm Springs to have easy access to readings about our blood pressure and our cholesterol levels by the Fire Department and EMT. And the Community Health Workers, IHS nutritionists, nurses and other medical personnel can help you monitor your vital signs. Be sure to ask them to help you understand what you can do about the highs and the lows on your tests. It really helps you to write your test results in your own calendar so that you will pay more attention to them. If you leave that care to the doctors, you have missed a step that you can understand, and help yourself to be healthier. The "Good Cholesterol" is the HDL on your blood test results and the VLDL and LDL are the "Bad Cholesterol". Last night at the Wellness Kitchen Food Classes one of the participants said her dream is to "Control my blood pressure, get my good cholesterol HDL UP and my bad cholesterol down. And con-

trol my blood sugar every day." If you approach your health problems with knowledge and a positive attitude like that, you have conquered half your battle.

When I went to my gynecologist in January, I picked up an informative cartoon book called "YOU CAN CONTROL YOUR CHOLESTEROL...A Guide to Low-Choles-

terol Living" published by Krames Communication for the Merck Human Health Division of a worldwide pharmaceutical firm. The sample of the artwork accompanies the explanations of the blood vessels, the heart and the liver.

The tube represents the blood vessel



Stockman's Round Up: A time for pasture strategy

Everyone knows that you don't let the cows go in search of their own feed. Instead, you grow it for them, using all kinds of modern tractors, swathers, balers, loaders and shredders. And then if that ain't enough, you take it to them.

If we re-think our definition of "pasture", we can provide a whole lot of nutrition to our livestock by first taking a look at some areas around the hay barn that are overgrown with knapweed, thistle and other weeds. A two acre patch of weeds can be converted to a high-yielding grass paddock for weaned calves, or maybe a calving ground.

Take a look around the loafing areas - the favorite juniper trees or water troughs. Can a cross fence be constructed to divide some acreage to challenge the stock to graze? What about the annual weeds? Or the slopes that don't get used because they've been taken over by rabbitbrush and sagebrush? These areas can be targeted to grow high quality forage for a third of the price of hay.

Not that it won't be a costly venture at first. It will take a lot of work to pick rocks, old baling wire, or move a wrecked car. Eliminating weeds will require some cash, as will grass seed. But then, so does hay. Let us observe an example of the benefits:

A two acre patch of weeds will require about \$75 in herbicide application. A good range grass mix, say a mixture of wheat-grasses, timothy, and a legume will cost another fifty bucks. After that, however, the grass is free if you don't count your own labor. For about the same price as a ton and a half of alfalfa, you can have a good, high quality pasture that will provide grazing for several animals for many years.

Once you have that lush, high producing pasture, making it a component of your livestock operation will require you to rotate the cattle in and out of there at the proper time. But even that is better than bucking bales.

attached to the heart. The glob with the frown and the LDL button, and an empty back-pack represents the low-density-lipoprotein, THE BAD GUYS. LDL's come from the animal products that we eat.

A recent report of research about beef versus chicken in two diets concluded "This research shows that it's the amount of fat and saturated fats in the diet — not the type of meat eaten — that correlates with blood cholesterol levels (in the blood)."

The other secrets of the research was the control of the amount eaten (3.5 ounce servings). Two servings a day (totally between 5 and 7 ounces) is recommended by the Food Guide Pyramid. That's what the body normally needs for an adult to replace and repair the muscles in body. To repair damage to the body during illness and injury, you will normally need larger portions of meat.

But our American habit is to eat nearly four times what the body needs. Protein we don't need to replace and repair muscle also goes to the body in the form of stored fat. No wonder so many Americans are overweight. Without exercise to turn the protein into muscle, the beef and chicken protein go to our spare tires and plump rearends.

The menus fed to the men in the Baylor College of Medicine Diet Modification Clinic offered some wonderful meals of beef and chicken. My mouth watered reading the list of dishes.

Lynne Scott, the director of the Diet Modification Clinic at Baylor states that

"We've found that when beef and chicken contain comparable amounts of fat, they are virtually interchangeable in regard to their effect on cholesterol levels. The important thing is how the products are prepared." In this case the diets contained 30 percent calories from fat and about 3 ounces of Lean Meat for 1,000 calories daily.

WHAT ABOUT YOUR LIVER?

When you think about your heart, you may also want to think about your liver. That organ in your body is so important, and here is one of the reasons. When you tank up on lots of fatty foods, the fat becomes part of your body.

Let's say that your favorite soup is Clam Chowder. You're eager for Friday to come around so that you can have a steaming hot bowl at the Deschutes Crossing. Take a close look at the soup when the waitress serves the

soup. If you really like the Clam flavor, you don't need all the fatty bacon chunks and grease floating on the surface. Do your liver a favor, and spoon off the grease and many chunks of bacon. Last week I removed about 1/4 cup of grease, extra fat that my body didn't need. That means I removed 4 tablespoons of fat from lunch alone...55 grams of fat or nearly 500 calories. The soup without fat tasted great with the generous amount of clams in the soup.

The bacon and its grease in the soup load your body with the "bad" very-low-density-lipoproteins (VLDLs) that clog your heart and blood vessels. The VLDLs contain the cholesterol produced by animals and passed to you by the meat that you eat.

Remember if you eat more food than your body burns up during the day, the extra fat goes to your body fat to be stored for hungry months. Since we are very fortunate, we seldom have hungry months.

Some of the extra fat that we eat is stored in the liver, turning it into a "fatty" liver. The extra fat handicaps the liver. If we also drink a lot of alcohol, which damages the liver, we put two loads on the liver. You can treat your liver with tender loving care by reducing the amount of fat that you eat, and the alcohol you drink.

And if you are a woman taking oral contraceptives, you may develop liver tumors. They use to be very rare in younger women and their occurrence first revealed the connection with oral contraceptives. Talk about three strikes your out.

The liver is not very fussy about which item it sends to the body first...fat, carbohydrates or alcohol. Because alcohol is easier to digest, the body uses the alcohol first until it is all burned up. If there's a lot of alcohol, the alcohol goes round and round in the body until it is all burned up. That means that the fat accumulates in the liver and damages the special cells in the liver. As more and more special liver cells are damaged, fatty deposits begin to enlarge the liver increasing the inflammation that can be felt under the right ribs.

The good news is that the fatty liver can be reversed by changing the lifestyle.

Better yet, you can prevent the fatty liver by cutting down on the fat that you eat.

Imagine cutting out 500 calories from only one bowl of soup.

Lifestyle factors can affect your immune system

Lifestyle factors seem to exert a cumulative effect on your immune system. Here's what the evidence suggests: Exercise, strenuous physical activity may decrease immunity immediately after workout. But people who exercise at least once a week show overall higher T-cell function than people who don't exercise. Diet, no single nutrient is proven to be a factor for weakening or enhancing the immune response. In general, if you're deficient in several vitamins and minerals, supplementation with the recommended dietary allowance may bolster

immunity and decrease your risk of infection. Smoking, chemicals in tobacco may alter your immune system's ability to recognize unwanted substances. Some T-cell activity also may be lowered in people who smoke. Stress, negative life events, such as bereavement, divorce, relocation or business loss are linked with increased susceptibility to illness.

Scientists believe your nervous, endocrine and immune systems interact in regulating psychological and physical well-being.



by Bob Pawelek
OSU Livestock Agent

At the risk of sounding old fashioned, I am of the firm opinion that the Creator gave livestock four legs and hooves so they could rustle up their own groceries. What a concept, huh?