

Gerontology Conference to be held April 18 & 19

by Norma L. Simpson
Our population is getting older and older, as more of us live a longer life. As a result we often find that many families have three or four generations to care for. That is wonderful when everyone is healthy but it presents problems when people in the family are ill. Because so many families have two wage earners, it means that there are fewer people to care for the ill ones. That puts a lot of obligations on one person. April 18 and 19, the Oregon State University Gerontology Conference holds its 19th annual conference to look at issues of elderly and caregivers. Topics include: Compassion Fatigue, Coping with Negativity, Navigating Change, Issues in Foster Care, Late Life Marriages, Sexual Functioning, Mental Health, Managing Wandering, Osteoporosis and Exercise, and Breast Cancer Update. Therese Schroeder-Sheker will again provide "Music for Dying" with song and harp. One of great interest is "Beneath the Surface: The role of Culture and Ethnicity in Serving

Older Persons." All in all there are 24 workshops. It will be the first opportunity to meet Karen Hooker, PhD, the new director of the OSU Gerontology Program, when she presents the keynote address. The position was filled recently after the former director was selected for the Family Public Policy position a year ago. Both women are dedicated to the needs of our aging society and the long range planning that will be essential to provide for the increase of older citizens as the baby boomers move into that category in the next century. Registration fee for this conference is \$70.00. There will be an additional fee for the Credits for Nursing Home Administrators, Social Work, Foster Care Providers and Certificates of Attendance or Nursing Credits. To register or to receive a copy of the conference brochure write to the OSU GERONTOLOGY CONFERENCE, LaSells Steward Center, 875 S.W. 26th Street, Corvallis, OR 97331-3102. The telephone number is (503) 737-2402.

Safe handling of meat

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. Refrigerate leftovers immediately.
7. Keep kitchen area clean and disinfected.

Sewing workshop held in June

by Norma L. Simpson
Several people from Warm Springs have been involved in the OSU training program about business skills for people involved in home sewing as a business. This year there will be an update to keep sharpening their skills. The joy is that you did not need to take the previous training to benefit from the one day workshop held in Corvallis June 12, the day before the Mini-College will be held on the OSU campus. Six speakers will be involved. Gordon Hjelseth own the Northwest Industrial Machines which specializes in sewing machines and sergers for small business. He will be demonstrating the latest computerized industrial machines. There will be an opportunity to sew on a number of the machines. Linda Wisner, owner of Wisner Associates will share her knowledge of advertising, marketing and design, with many if her customers being in sewing related businesses. Darlene Miller is owner of "Clothes for You." She is the author of *Your Shape, Your Clothes and You*, and a popular speaker during the September 1994 Sewing Fair in Portland. Catherine Stephenson is the officer of the Portland Chapter of Professional Association of Custom Clothiers. Her business focuses on elegant evening wear and bridal gowns. When will focus on finishing touches that give a professional look that command a higher price. Leslie Burns and Cheryl Jordon of the OSU College of Home Economics Apparel, Interiors, Housing and Merchandising Department will share their knowledge of market analysis, impact of different types of textiles and their appeal to customers and retail merchandising skills.



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

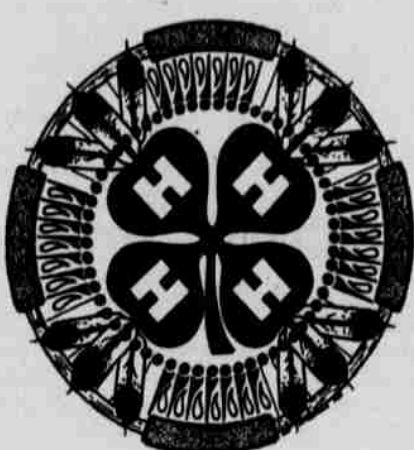
OSU Extension Staff:

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

The Clover Speaks



Application for 1995 tri-country camps are now available. **4-H TRI-COUNTY CAMP COUNSELORS NEEDED:** This year there will be two camps: June 17-21 and June 21-24. Fifteen to twenty counselors are needed for each camp. Application will be accepted from those in grades 8-12. Scheduled training session are: March 10 - Deschutes county-Registration deadline March 31, 1995. March 10 - Crook County-Registration deadline March 31, 1995. March 10 - Jefferson County-Registration deadline March 10, 1995. This is what we all strive for in our lives **Excellence:** You can't miss it. It almost takes your breath away. It is the most valuable commodity and yet it is priceless. The BEST in YOU enriches all of us. **Integrity:** It's rock solid. It's unyielding unmovable. It means being **True to your values and remembering what is really important.** **Determination:** Yes, there are obstacles and lots of excuse. Some people get side tracked and never make it. Others -the ones we admire-get the JOB done any way. Its called determination. **Commitment** there's no wavering to commitment, no uncertainty, no hesitation. Your action are there for ALL to see: It is only when they match your TALENTS that you gain STRENGTH and POWER

by Crystal & Arlene
"Hatching your Leadership Potential" March 18-22, 1995 Suttle Lake Methodist Camp This is an opportunity for 4-H members in grades 7, 8, 9, to participate in a Junior Leadership retreat. This is a multi-County program involving seven counties. The cost is \$75 per person. If you are interested please complete an official 4-H registration form and send it with a check to **Klamath County Extension Office. This must be postmarked no later than March 10.** Make checks payable to: **Klamath County Leaders Association** and send to: **Larry Tibbs, OSU Extension Services, 3328 Vandenberg Rd, Klamath Falls OR 97603.**

Horticultural oils used to control insects

by Timothy Wojtusik
Horticultural oils offer a "least toxic" method of controlling insects that damage garden and landscape plants. Gail Greder, home horticulture agent with the OSU Extension Service says that when horticultural oils are used properly they are safe and effective at keeping garden pests in check. Sometimes called narrow range oil or superior oil, most horticultural oils are highly refined petroleum products which are manufactured to control pests on plants. Unlike fuel products, they evaporate quickly. Some vegetable oils, citrus oils and fish oils are also used as horticultural oils. Instead of poisoning insects like many conventional pesticides do, horticultural oils suffocate insects. Insects and other soft bodied invertebrates use breathing holes on their bodies called "spiracles" to get their oxygen. The oils clog these spiracles and may also disrupt the functioning of cell membranes in the insects' bodies. Horticultural oils are most effective in controlling overwintering insect eggs, larva such as caterpillars and soft-bodied adult garden pests. These include aphids, mites, scales, mealybugs, and whiteflies. Horticultural oils have many advantages over chemical-based pesticides. The oils degrade rapidly by evaporation. They also

have very low toxicity and have almost no toxicity to humans and animals at recommended rates. This is an important consideration when children or pets may be in the area. Horticultural oils are general, rather than specific pesticides. One type of oil can be useful in controlling a wide variety of soft-bodied pests. Because they eliminate a broad array of pests, care must be taken not to eliminate beneficial insects in their larval forms. Unlike many chemical pesticides, pests have developed little or no resistance to the oils. In addition, oils are relatively inexpensive, are less harmful to beneficial insects, leave little residue, and are certified for organic use. Under the wrong conditions, horticultural oils may cause some damage or burning to certain plant foliage, warned Gail Greder. When in doubt, spray a small area of foliage first and wait a few days to see the effects. The best time to spray oils is on a calm, cloudy morning. Horticultural oils should not be used when it is windy, when the temperature is greater than 90 degrees F or below freezing, or when it is raining or extremely humid. Plants should be watered before application of oils to insure that the plants are not suffering from drought stress.

Noodles come in all sizes

by Norma L. Simpson
When I prepared the final recipe sheets for the February 23 Wellness Center Cooking Class, I was surprised to find the difference between two types of thin noodles for the Shiitake Mushroom/Noodle Soup which was in the Spilyay on February 3rd. Thin noodles available in most stores come in a size 56 grams and in different weights. In the macaroni and noodle section of the stores, you will find "thin spaghetti," "angel hair" and "manchu egg noodles." Thin spaghetti and angel hair both contain "0 milligrams" sodium and 1.5 grams fat. Manchu egg noodles have 2 grams fat and 10 milligrams sodium. It appears that the Golden Grain Mission brand is continuing an effort to reduce the salt content, when you compare these three types of noodles with other types available in the oriental section of the supermarket. Three other noodles are the Ramen Oriental Noodles and Nanka Seimen Oriental Style Spaghetti and Sun Luck Somen. Generally the better known variety is called Ramen Noodles come in a variety of flavors from pork to chicken to beef or plain. They are a work of noodles as the wheat has been cooked and pressed through the small holes of the extruder machine. Monosodium Glutamate is one reason the high sodium content of the Ramen. Ramen contains 850 milligrams sodium with 7 grams fat per serving. Nanka Seimen is in tidy bundles of straight white noodles counted and banded in nine

inch lengths. Nanka Seimen contains 680 milligrams sodium and 1 gram fat. While I had expected that to be in the form of Monosodium Glutamate, MSG was not one of the ingredients commonly associated with oriental dishes. The sodium is as "Salt." These noodles have 1 gram fat per serving. Another noodle is Sun Luck Somen, white and tidy package. Sun Luck Somen contains 820 milligrams sodium and 2.5 grams fat. Sun Luck Somen comes in 12 ounce packages and Manchu Egg Noodles and Nanka Seimen come in 16 ounce packages. In addition to the difference in the weight, the price varies a lot, from \$2.55 to \$1.39 compared to Angel Hair and Thin spaghetti from 99 cents on special to \$1.75 on regular price. Looking closely at the Nutrition Labels you will find that the noodles contain a smaller amount of sodium, especially if high blood pressure is a problem. Fortunately many people in Warm Springs are paying attention to the sodium content in their diets, because of the hazardous side effects that sodium makes to high blood pressure. At the Longhouse, we saw one woman learning a new way to cut down on the amount of salt in her diet. Rather than dash the shaker to her hearts content, she poured a small amount of salt into her hand, and sprinkled even less from her hand to the food. Encourage your family members to taste before they shake and try ways to use less sodium, fat and sugar in their diets.

Spring energy tune-up for the home

Recently I heard a woman say she had saved \$50 a month to heat her house just by practicing a few energy tune-up tips. When I asked her how much it had cost her to save that much money, she said "Nothing...I just used stuff around the house." Now that it is getting warmer, we tend to forget about the cold months. But this article from Bend may help change your mind. While you're washing windows and scrubbing under sink-cabinets, why not spend a little more time to improve your energy efficiency too. "One or two afternoons and \$50 are all it takes to make the most effective energy improvements in many Oregon homes," according to Oregon State University Extension Energy agent Tom Wykes. "Plugging major holes and cracks in your house will keep you cooler this summer and warmer next winter." **Stop air leaks** If you want to tackle just one project this weekend, plug holes below kitchen and bathroom sinks. Check for gaps around pipes through walls and floors. Slide plastic or metal trim rings away from the wall or floor. They may be covering huge gaps. Fill them

with acrylic latex caulk, expanding foam, or rags stuffed in a plastic bag. If you're ready to do more, head for the attic. Seal holes where plumbing vent stacks, ducts and wiring enter rooms below. Use plywood or wallboard for large holes over drop ceilings, for example. Caulk and expanding foam work well for cracks and gaps. Don't seal around chimneys and flues unless you use special high-temperature sealants. Insulate and weather-strip the attic access hatch or panel for a tight fit. Next stop is the basement or crawlspace. Cold air entering from below cools off the entire house. Seal holes around pipes and wiring where they enter the floor above. Seal holes where pipes and wiring enter the basement. Fill large holes around pipes with a plastic bag stuffed with rags. Caulk basement windows and door frames. Now you're ready to tighten up the living space. This is a good time to sold any mold or mildew problems. Weatherizing your home make them more obvious. Patch holes in plaster and gypsum board on interior walls. Seal gaps along the top and bottom edges of baseboards. Caulk around window and door frames from the inside. Weather-strip loose-

fitting windows and doors. Adjust latches for tight closure. If you have a fireplace with a poor-fitting damper, make a cover for the face of the fireplace not of plywood and cardboard. Or invest about \$20 in an inflatable chimney pillow or draft stopper. **GET A FREE ENERGY AUDIT** "If you own your home, improving heat system efficiency and adding insulation also may be smart investments," Wykes points out. A free home energy audit will give you a detailed report on measures that will save you the most money, the fastest. Electric and gas utilities provide audits at no charge for the heating customers. If you heat with oil, wood or propane, call the SHOW program to schedule a free audit: its a toll free call at 1-800-452-8660. Utilities and the SHOW program offer low-interest loans for home weatherization. Rebates also may be available for the work you want to have done. Publications on home weatherization are available free of charge from the Oregon Energy Line, OSU's toll-free request line for publications on home energy topics. Call toll-free in Oregon 24 hours a day: 1-800-457-9394. Request Finding and Fixing Hidden Air Leaks and a publications list.

Stockman's Round Up: Wildlife vs. Livestock



by Bob Pawelek
OSU Livestock Agent
While ranching in South Texas one Autumn afternoon several years ago, I stepped out of my pickup to open a wire gate. Before I even had my right foot on the ground, my left boot was struck by a Western Diamond-back Rattlesnake. It was a close call. Too close, really. The ranch sets about forty miles from pavement. Another fifty to a hospital. If she'd have positioned herself where I'd intended to drop the gate, she could have hit a much more sensitive body part as I reached down to pick it up. That kind of recollection stays with a guy for a while. To this day I watch where I step. At least my boots stay a little cleaner if nothing else.

Couple of weeks ago on the news we heard about three coyotes sighted in New York City. A few Montana ranchers are up in arms about wolves being "reintroduced" into the Yellowstone country. Heck, visiting with a few elders from the Montana tribes, wolves "reintroduced" themselves there twenty years ago. I'm coming around to a point here. Maybe a couple of them. If our goal is to increase wildlife populations in some areas (and forgetting about semantics for a while, let's include salmon in our discussion) the risks associated with increasing those numbers may come about somewhere else. For example, if we wanted to farm Sika deer, we would have to look closely at our fencing strategy. Otherwise, an escapee or two may compete with mule deer or elk and end up running them off. If we're really going to save Chinook runs, we need to take a good hard look at the major causes of their decline in the first place and try to fix those. Maybe they cannot be fixed. Could it be that perhaps the eruption of Mt. St. Helens dumped way too much silt into the Columbia River? There's no way we could have prevented that. There might have been a more salmon-friendly approach to dredging that silt out, but that was the technology of 14 years ago. Now in an effort to save some salmon runs, we're preventing livestock from overgrazing riverbanks. That's a good thing. Cows are like a lot of people in that they have to be motivated to earn a living. However, are the stockman and logger exclusively culpable? Nope. And whether or not cows are to blame is

no longer the question. It was never the solution. The root causes are there and have been long established, arguably to the point that we as human beings in the year 1995 can no longer get along without them. Wildlife problems go way back. A British explorer by the name of LaRocque wrote in his journal on June 27, 1805 as he arrived at the Tongue River in southeastern Montana, "There was little or no wood here on the river, with the exception of a few cotton woods scattered here and there and grass was completely lacking...We had to cut down three cotton woods and make them [the horses] eat the bark." Could it be that too many bison were just as destructive as would be too many cattle, deer, antelope....? There is no doubt that livestock have replaced wildlife in many instances. However, in certain instances wildlife numbers have skyrocketed. There are almost five times the numbers of Whitetail deer from the East Coast to the Great Plains as there were in 1895. This increase can be directly attributed to agriculture (cereal grain production and water developments). It is sad that there are fewer bison today, but much of their former territory has been converted from rangeland to cities and highways. We as stockmen can always do a better job in rotating our stock, excluding the riparians, and otherwise balancing our livelihood with the environment. But it's people who have changed the earth by just being people, and there is no turning back. I let the snake go. **Tibetan Yak AI Center** China aims to boost the quality of Tibet's yak population by opening the world's first

yak sperm bank in the autonomous region, the official Xinhua news agency has reported. The long haired wild oxen — ubiquitous in Tibet and used for milk and meat as well as in agriculture — have been deteriorating in quality in recent years, and the new reserves are expected to reverse that trend. "In the past, farmers had to rely on traditional natural methods to mate yaks. That caused degeneration," the agency said. The sperm bank — in Dangxiong County,

northern Tibet — took six years to set up and is expected to be operational "sometime next year," the agency said in a dispatch monitored in Tokyo. It will provide sperm to artificially inseminate up to 100,000 head of yak, and will boost local farmers' revenue by up to nine million yuan (\$1.03 million U.S.), the dispatch said, without elaboration. From *Western Livestock Journal*, page 9, Feb. 20, 1995

Deworming good for cows

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 a 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 for heavy infection 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.