

Pressure canner lids need to be tested

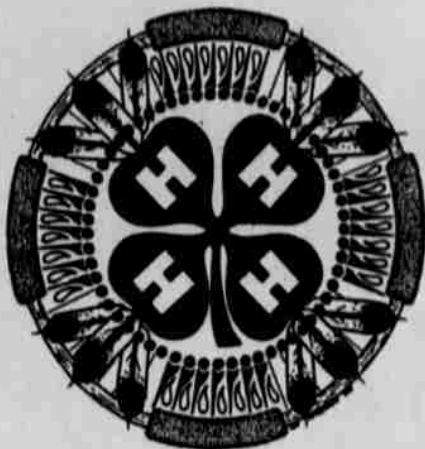
by Norma L. Simpson

If you have a pressure canner with a Dial Gauge on the lid, you should have the OSU Extension Service give a free test to the gauge. It is very important that the dial operate to within 1 pound of pressure to be safe for home-canned meats, fish and low acid vegetables.

A pressure canner is essential for these foods to kill the bacteria and spores of the bacteria that exist in the soil in the northwest. Botulism is a serious threat to your families safety if the bacteria grows in the bottles. Since you cannot tell if there is this poisonous bacteria in the jar, you need to be sure that none survived while you canned the food.

If you plan to can on a weekend, bring the canner to the OSU Extension Office by Tuesday, and we will have it tested for you by Friday. Our schedules are getting very busy as the summer approaches and we need the leeway to heat the tester and get the job completed before you need it.

The Clover speaks



Camp deadline June 3

The deadline for Crystal Springs Camp is June 3rd, 1995. There will be two camps to choose from, Camp I June 18th to June 21st and Camp II June 22nd to June 25th, 1995. If you have any questions, please call Arlene at 553-3238. The Warm Springs Wilderness Enrichment 4-H Camp registration will be available on June 5th, 1995.

At this time the following clubs are as follows: Girl's Basketball, Foster Kalama, Age 10 & under and 10 and over (two age groups), meet on Fridays at the Community Center from 6 to 8 p.m.; Boy's Basketball, Janice Gilbert-Gunshows, Thursdays @ WS gym 4-5 p.m. 12 & under, 6-8 p.m. 16 & older; Co-ed Basketball, Melvin Twee, @ WSE gym, Thursday 4-6 p.m.; Girl's BB; Joyce Suppah, 2nd & up, Mon. & Wed., 4:30 -5:30 p.m. Community Ctr.; Cultural Club, Violeta Vaeth, Simnasho, on standby; Advanced beadwork, Myra Shawaway, on standby until basketball is over; Rainbow Dancers, Joe Tuckta, 7-9 pm Agency Longhouse; Garden Club, Sue Matters, all ages, 3-5 pm., ECE garden plot; Search & Rescue, RaNeve Dowty, Fire & Safety Building, please call if you are interested; Rockin' 4-H Livestock Club, Bob Pawelek, on hold, need a community member for leaders.

To start a 4-H club just come in to the OSU Extension office and pick up a packet to begin. Parents are encouraged to join your child at the 4-H meeting and off your assistance. To all the leaders, thank you for your support of the WS 4-H program.



Information provided by:
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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

Dieter's guide of different types of sugars

by Norma L. Simpson

The May/June issue of *Consumer Digest* magazine contains an informative article about artificial sweeteners by Janet Lepke, a registered dietician with a nutrition-counseling practices in Beverly Hills, California. Several explanations are most noteworthy.

Saccharin
The background on the FDA approval of saccharin in 1992 was frowned upon in the 1970s while I was working at the University of Wisconsin. At the time, numerous researchers challenged the link to cancer. Since that time, according to Lepke, "More than 30 human studies with 9000 people have proven its safety, with no association of bladder cancer. The National Institute of Cancer (NIC) concluded 'There is no evidence of increased risk with long-term use of artificial sweeteners in any form or with use that began decades ago.'"

Since 1992, saccharin has been allowed for use in hard and soft candy, but use in beverages has not yet been approved. Saccharin is 300 times sweeter than sucros (regular sugar) but does leave an aftertaste unless it is combined with other sweeteners.

You may have noticed the combination of saccharin with other sweeteners in products on the market.

Cyclamate
Another sweetener is being re-examined since it was banned in the 1970s. The ban, too, was challenged by researchers at the University of Wisconsin near the laboratory that did the cyclamate research. The FDA Cancer Assessment Committee's review of all the evidence indicates that neither cyclamate nor its major metabolic end product - cyclohexylamine - causes cancer.

Acesulfame
Recently I purchased a yummy chocolate candy that contains an artificial sweetener that is 200 times sweeter than table sugar. Though the German invention is difficult to pronounce (AHS sahl faam) it has a good taste, long shelf life and a high degree of stability. It does have a slight aftertaste when used alone in high concentrations. Some 90 studies have show no toxic effect attributable to acesulfame. It was approved by the FDA in 1988 and is now used in chewing gum, gelatins, puddings, dairy products "analogs" (counterparts), and as table sweeteners.

In 1992 acesulfame uses expanded to include hard and soft candy. The brand name for one chocolate goody is Sorbee sugar-free chocolaty coated Cocoa cremes. One warning

on the package is that "Excess Consumption may cause a laxative effect." I learned after I was greedy and ate too many.

Glycrrhizin
If you thought the last name was difficult to pronounce, this one is even harder to write and to say. Glycrrhizin is 100 times sweeter than table sugar. It is used to flavor tobacco, pharmaceutical products and confectionery products.

Several sucrose substitutes await approval

The article from the May/June 1995 *Consumer Digest* includes a chart that compares the sweetness and uses of Currently Approved and Pending Approval substitutes. You will find them useful as you read labels on new packages of food, candy and beverages.

Alitame

This artificial sweetener, a close cousin to Aspartame, is alitame which is about 2000 times sweeter than table sugar. Its drawback is the off-flavor from prolonged storage.

When approved, Alitame will be found in all products where sweeteners can be used: bakery goods, beverages, milk products and frozen desserts.

When I typed Bakery Goods, I wondered if the bakeries in Madras use artificial sweeteners in their baking. The gentleman at the Safeway's bakery said that most of the things come premixed so he is not sure. Safeways has had so many people from Warm Springs stop to ask which used artificial sweeteners

Landscaping class set

Now that the weather is warming, many people are beginning to spruce up their lawns and gardens.

On Tuesday, June 6, OSU Extension will offer a class for the home gardener here at Warm Springs. Mike Bauer, Central Oregon Home Horticulture Extension Agent, will be on hand to answer your questions regarding your lawn, garden, and homescape.

Mike will be happy to share his expertise and to offer suggestions on shrubs and flowers to plant. Also to be offered will be information on garden vegetable varieties for Warm Springs.

The class begins at noon on Tuesday, June 6 at the Education Center Training Room (old boys dorm). Further classes will be held throughout the summer. For more information, contact OSU Extension at 553-3238.

that they soon will be making some pies with Nutrisweet, one trade name of Aspartame.

Stevioside

When I worked in Paraguay in the early 1980s, the Japanese government had just begun a project to test a plant that grew naturally in rural areas of the country. It had an Guanani Indian name "Kaajjeé". We use to drink it with mate, another local herb. The sweetner has been approved in Japan, Paraguay and Brazil. It was brought to the attention of the Japanese government by Japanese immigrants who formed colonies in Paraguay after World War II. The generic product for Stevioside will probably see itself in food products because it is 300 times sweeter than table sugar, has a long-lasting sweet taste, stability and solubility makes it a sure hit for use in soft drinks, chewing gum, tabletop sweeteners, sauces, syrups and pharmaceutical products.

Thaumatococ

This West African sugar substitute is 2000-3000 times sweeter than sucrose. So far it is approved in the USA for only chewing gum. The thaumatococ taste develops slowly and can remind you of licorice with a residual hint. For maximum sweetness, it may be combined with many of the other artificial sweeteners. It is not suitable for baked or boiled products.

SEE A COPY OF THE ARTICLE AT THE OSU EXTENSION OFFICE

You can see a copy of the *Consumer Digest* article outside the my office in the Education Center.

The OSU Extension Office wishes you a very safe Memorial Holiday, drive careful and watch out for the other guy!

Hazards of smoking for pregnant women

by Norma L. Simpson

We were stunned by the recent copy of OREGON HEALTH TRENDS about Tobacco, Oregonians and Health. The April report starts with a scary article about 35,000 people who died of brown plague. The bigger shock was that it was the number of people who died in five years by something that could be prevented, the tobacco-related diseases.

Nearly 27 percent of the deaths in Jefferson county were linked to tobacco.

But what about the affect of brown plague on unborn babies and infants. Oregon Women who smoked during pregnancy significantly increased the likelihood that her infant would die before its first birthday. In fact, the deaths of 14.3 percent of Oregon infants during 1993 were attributed to maternal smoking during pregnancy - deaths that were preventable.

Women who smoked during pregnancy were also more apt to consume alcohol and/or use illicit drugs. Just 2 percent of non-smokers drank - but 9 percent of those who smoke also drank. Less than 1 percent of the nonsmokers were reported to use drugs compared to 3.4 percent of smokers. Furthermore, the more cigarettes a mother smoked, the more likely she was to use alcohol and/or illicit drugs.

The reason for concern is the impact of smoking of the birth weight of the infants. Newborns who weigh less than 5.5 pounds are considered to have a low birth weight and are at greater risk of illness and death. Most babies at Warm Springs are of average birth weight, but some are not. Those are the babies at risk to smoking, but all are affected by alcohol and/or illicit drugs before and after birth.

Lawn weeds can be controlled

As a result of the excellent winter precipitation, an explosion of noxious weeds can be seen everywhere, even by the untrained eye.

Many noxious weeds look completely harmless in their present stage of development. However, wait too long and it will be too late to do anything about them. A rule of thumb for identifying most weeds is, as in the case of the common dandelion, a broadleafed "rosette" laying prostrate against the ground.

Already, even in their youthful state, these weeds are doing damage to your lawn or your horse pasture.

Most lawn weeds can be controlled now

with a shot of 2,4-D in proper amounts. If you intend to spray a newly seeded lawn, wait until the grass has at least four leaves. On established lawns, do it now.

On small lawns with meager infestations, a pitcher of boiling water applied directly on the targeted plant will often work quite well. It's healthier for the environment, too.

Common weeds such as Scotch thistle, purple mustard, puncturevine and kochia are well on their way to their flowering stages. The ideal time to control these monsters is before they produce flowers.

Once in the flower stage, control becomes increasingly difficult. After flowers go to seed, it is no longer any use.

Learning new language can be challenging

by Norma Simpson

When you come to my office you will find this new sign on my p., MaryAnn Meanus has been busy teaching the students of all ages to learn Wasco. Many things in building has these lables to help us get started.

Several times before the signs appeared, MaryAnn came to my office for an explanation of what I do in the office. We went through several explanations and examples until she and many others in the team came up with this explanation about my tasks.

Ni ai atyan means home economics. Tupan means science and other things and Wapaatatayau means helper. That is right. That's what we are here for to help everyone with Applying Arts and Sciences to Everyday Living.

Last night as I was writing, the sounds of the students drifted excitedly across the hall to my office. I don't have the knack yet, but if I can learn to say Kaajjeé, as they say in Guarani in South America, I can learn to say my new title. Unfortunately I have not been able to get the proper accents on the s and c on the computer. I thought I had the right code, but the s and the c did not change like the aa and ee at least on the screen.

Well surprise, it spells with the accent!

Stockman's roundup: Longhorns & shorthorns—



by Bob Pawelek
OSU Livestock Agent

This is the fifth in a series of columns which examines the breeds of beef cattle most popular in the West.

Pinzgauer
The Pinzgauer is a beefy breed, more so than most exotics. It originated in Austria and is still popular as a dual purpose breed in that country as well as in Germany and the mountainous regions of Italy.

The animal is chestnut brown, with a white top line, tail, and underline. It usually has white feet and a deep orange pigment around the eyes on the udder. The breed is noted for its longevity—the oldest cows and bulls reach 20 years of age.

There are good examples of Pinzgauer crossbreeds at Warm Springs in the Sidwalter Grazing District.

Red Poll
A relatively unknown breed in America, the Red Poll comes from England in the eastern middle counties of Norfolk and Suf-

folk. It is red, of course and naturally polled.

Saler
The Saler was founded as a dual purpose breed in France, in the south central mountainous region.

Color is solid, deep cherry red, with a white switch and sometimes white under the belly. In their native land, the breed is noted for rapid gain, hardiness, and adaptability.

Santa Gertrudis
On the King Ranch in South Texas, "Monkey," the foundation sire was born in 1920. Named from the Santa Gertrudis Land Grant, granted by the Crown of Spain, on which the breed evolved.

The breed is based on a cross of 5/8 Shorthorn and 3/8 Brahman. It is red, generally horned, and is adapted well to the pear and mesquite rangelands of South and West Texas.

Scotch Highland
From Scotland, these shaggy critters are quite popular in Central Oregon. For what, your guess is as good as mine.

Their coloration is a solid red, yellow, silver, white, dun or black. I have seen some brindle colored bulls. It has a short head with long, widespread horns and heavy foretop. Its long, shaggy hair helps it to rustle groceries in cold weather.

My wife thinks they are cute.

Simmental
From Western Switzerland, in the Simme Valley. It is much older than the herd register, which was set up in Bern, Switzerland in 1806. The first Simmental bull was brought to North America in 1967 by a group of southern Alberta cattlemen.

Generally red and white spotted, some are nearly solid in color. The red varies from dark to a more common diluted, almost yellow shade. It possesses a white face, which, like the Hereford, appears to be dominant in inheritance.

Simmental cows cross well with British

bulls to produce excellent F1 calves.

Tarentaise

Noted for easy calving, due to good pelvic capacity and small calves, the breed comes from the French Alps. The breed color ranges from a light cherry to dark blonde. Bulls tend to darken around the neck and shoulders with maturity, and frequently have a darker stripe along the back.

Good examples of the Tarentaise breed can be found on the Hatfield Ranch near Brothers, Oregon.

Texas Longhorn

The great cattle drives of the latter 19th century, from South Texas to the rail lines in Kansas have romanticized this colorful animal.

Longhorns are originally of Spanish origin. By 1900, the Longhorn was driven to near extinction, replaced by the British breeds—Shorthorn, Angus and Hereford. The Texas Longhorn Breeders Association of America was organized in 1964, when there was only about 1500 head of genuine Texas Longhorn in existence.

The critters are characterized by a great array of colors, in all degrees of richness, and in all possible combinations and patterns.

Bulls are an excellent choice on first-calf heifers.

Welsh Black

Resembling the Angus, the Welsh Black is actually bred as a dual purpose breed. They are horned, although there is a polled strain in Wales.

Cows give 6000 to 7000 pounds of milk per lactation. They are adapted to harsh cold weather and are good calvers.

We have examined many breeds of beef cattle in the past several issues of the Stockman's Roundup. If you would like further information regarding any of the breeds mentioned, don't hesitate to call me. I have accumulated many breed packets that are available for your use.

Part three of "As we grow older" series will be in the next Spilyay issue.

Mares, not stallions make decisions

CORVALLIS - An Oregon State University scientist who studies wild horses is finding that lead mares, not stallions, make most major survival decisions in bands of wild horses in the Montgomery Pass Wild Horse Territory in Nevada.

"This flies in the face of predominant beliefs about wild horses," said Linda Coates-Markle, who has studied wild horse behavior in Nevada for the past two years as a doctoral student in OSU's Department of Animal Sciences.

"Most people who study wild horses believe that the lead stallion does most of the important decision-making," said Coates-Markle. "My work indicates it's the lead mare who is the true leader 90 percent of the time. She makes the decision when to eat, seek shade, sleep or migrate. Every individual in a group mimics her."

For the past two field seasons, Coates-Markle and research assistant Katia Engelhardt have studied the social organization, behavior patterns and nutrition of feral horses within 24 square miles of the rugged and remote Montgomery Pass Territory, north of Death Valley, California. They combed canyons, valleys and rim rock to find and study 13 groups totaling at least 68

wild horses, sometimes out for 10 days at a stretch.

Wild horses are social animals, Coates-Markle says.

"Sometimes harem bands of mares and a lead stallion can form a kind of extended family, with as many as 45 or more individuals," she said.

Coates-Markle is also finding that dominant animals eat higher quality food than younger, more inexperienced horses. "The group's leader, the lead mare, develops a preference for certain plants and actively searches for these plants as she roams the range," she said. "The rest of the group follows her in her pursuit."

Her research may have implications for wild horse management throughout the West. There are more than 40,000 wild horses in the Western United States, with more than 3,000 in Oregon. Most are on public lands, protected by the Wild Horse and Burro Protection Act of 1971.

"Wild horses breed like rabbits," said Coates-Markle. "They are amazingly successful. In most areas, they have a much higher reproductive rate in the wild than in domestic horse breeding programs."