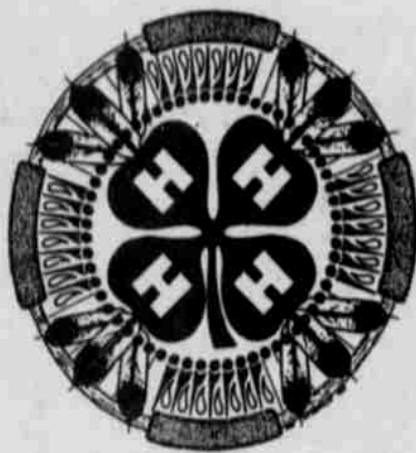


# The Clover Speaks—



**C.R. (for a short time) & Arlene**  
Sign up for Warm Springs 4-H Wilderness Enrichment Camp now, registration are available now at the OSU Extension Office, so SIGN UP NOW. Camp will be August 9-13 1995 at Trout Lake. Cost \$30.00 but JOM paid \$15.00 and Parent or Guardian pay \$ 15.00 this is due July 25, 1995. Deadline for

camp sign up will be July 25, 1995  
Did you ever wonder what is OSU Extension and what do they do anyway? The Cooperative Extension Services is an off campus educational activity of Oregon State University. Its major objective is to help people understand and apply scientific developments in agriculture, Home economics and related sciences, develop educational programs through 4-H for the youth of the community in order to enjoy a better life.  
The education provided by the Extension Services is an informal and distinct type directed to helping people solve day-day problems. It is education for action and is directed toward helping individuals make sound decision to:  
- Make the best use of all available resources and earn more money.  
- Improve living and home environment.  
- Develop a better community in which to live.  
- Develop increased ability and willingness, by both adult and youth, to assume leadership and citizenship responsibility.  
The guiding principle of Extension is "to help people help themselves."

## Graze properly

**by Bob Pawelek**  
Lupine is a beautiful wildflower, but it can also be deadly.  
With a little common sense, however, the stockman can graze pastures with lupine as long as a few rules of good range management and livestock husbandry are carefully followed:  
Don't misuse the range so as to bring about the invasion of new poisonous species, or spreading those already present.  
Avoid pastures with overabundance of poisonous plants.  
Move animals slowly through areas where poisonous plants are present.  
Animals forced to remain on the range after they have used good forage species will eventually turn to poisonous plants.  
When animals have been deprived of forage, as during trailing or corralling, they should not be put on ranges containing poisonous species until they are well fed.  
Provide plenty of fresh water so they will not be encouraged to eat excess amounts of forbs to compensate for lack of water.  
Use plenty of salt and mineral.  
Most poisonous plants are not dangerous to animals, except in large amounts.



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
  - C.R. Begay (temp.)** ..... 4-H Assistant
  - ..... 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**

## As We Grow Older Part 5: Older adults experience changes in major body functions

**by Norma L. Simpson**  
During the recent Inservice Training at Oregon State University, extension home economics agents learned about changes in our bodies as we grow older. Connie Georgiou, OSU nutrition professor outlined much of the research that we have needed for years to help older people eat properly and consider nutrient supplements when they are needed.  
As we tried to make the articles less technical but more related to Warm Springs, the articles got longer and longer, so to cover the information as meaningfully as possible, the series grew and grew. I hope that you find it useful to your important task with elders in your home. I am pleased that a number of people have talked to me about the articles since Spilyay started this series about growing older.  
The first article (Spilyay April 28) was about "Keys to Good Nutrition in Older Years and Current Recommendations for Energy You Eat and How You Use It." The second and third articles (Spilyay May 11) were about "Changes in the Digestive System and Skeletal Systems and Nutrients Related to Them." The fourth article (June 8) was about the Immune System and the Nervous/Cognitive System. This fifth article is about the Cardiovascular System.

**CARDIOVASCULAR SYSTEM**  
Older people will find three major changes in their body functions related to the heart and the circulatory system - the blood pressure, the amount of cholesterol and the amount of fiber we need to keep the circulatory system working properly.  
There is a decrease in the control of blood pressure - both high blood pressure and low blood pressure. People who previously did not have high blood pressure may be surprised to learn that they have to take pills to control the high blood pressure. When your doctor's nurse takes the blood pressure, pay attention to the readings. You may have to ask the nurse for the report, and even write it down. I have known nurses that did not want to tell you any thing. **But remember it is your body and your responsibility to know about your own vital signs.** If the information is on a sheet of paper in the doctor's file, it does not do you any good. It's the knowledge in your head and the signs when something is not functioning properly that may save you from a stroke. Stroke is one of the most common results of high blood pressure. If you had one stroke you can have another one, so you need to pay attention to what your body tells you.  
When people are ill, and are taking many different medicines, you need to observe

how your body responds to the medicine. When my mother had a case of the flu, she was so sick that she couldn't go to the doctor. When my sisters came from a long distance away to visit her, they took her directly to the emergency room. Her blood pressure had dropped to 30, meaning that she was nearly dead. She normally had very regular blood pressure and therefore had not thought that her weakness was anything but the flu. She recovered partially, but was never the active 80 year old that she had been before before that bout. It was the difference in bodily control that had changed with age. If the doctor tells you to take your blood pressure medicine every day, follow the directions faithfully to protect yourself.  
Sodium in the diet is one concern for high blood pressure. Check closely on the processed foods to see how much sodium per serving is in the products you buy. They same type of food may have greatly different amounts of sodium. For example if you are fond of soy sauce to flavor meats or soups, one brand may have twice as much sodium as another product. Years ago we restricted the addition sodium to baby food because it was in there to please the mothers who tasted the ground carrots or beet only to pull a face. The flat taste made them think that is why babies did not like the bottled baby food.

Consumers learned that they did not have to have as much sodium or sugar in products for adults as well. We talked about not buying the products at the same time that other consumers said they wanted more salty items. The control is still in the hands of consumers if you express your preferences to the grocers and manufacturers.  
Older people may experience an elevation of serum cholesterol. Cholesterol is very important in the body, because it is the fatty material that covers the nervous system.  
All nutrients get from your stomach to the rest of the body by being carried through the blood serum. That is why it's important to have a healthy blood circulation in the cardiovascular system. If we clog the arteries, vessels and capillaries with cholesterol, the tubes get plugged and blood does not flow smoothly.  
Most bodies produce all the cholesterol needed by the body. Then why is it a problem? Well there is another way that we get cholesterol into the body - by the foods that we eat.  
**Cholesterol is found in animal foods we eat.** It is amazing to see the commercial companies brag that their product does not have any cholesterol in it. Well if their product does not come from animals, the product would naturally not have any cholesterol in

it. So think when you read the labels. Should this product have cholesterol in it?  
Ah, but what about the foods that do have cholesterol in them. Older people need to limit the about of animal foods that have cholesterol - especially the cuts of meat with high levels of fat and cholesterol. It also means that the cream we love to put in our coffee or the real whipped cream we love to put on pie, the ice cream or the rich-looking whole milk. If you are still able to drink milk or make pudding from it, try the skim or 1% milk.  
Select processed foods that now report the types of fat as well as the amount. Saturated fats are the type of fat that concern us more for health reasons. Even vegetable oils can have saturated fat in them, but the label on the bottle or can will tell you which have the most saturated fat.  
Many oils are mixtures of different types of oil - some with more or less saturated oil. If you want a copy of the types of oils with different amounts of saturated and unsaturated Contact we at the OSU Extension Service office in Warm Springs.  
Finally, we know that there is a need for plenty of fiber in our diet to be sure that the intestinal tract works properly and allows the absorption of nutrients that go into the blood. The important fiber is "Water Soluble Fiber" not the things that we can't use in the system, like pop corn hulls, and pea pods. We need to eat lots of oats, fruits, and legumes that are dense with vitamins and minerals that keep us healthy. These foods with fiber also keep the bowels functioning properly taking much needed water to the intestines. The natural foods will keep us regulated if we eat them on a daily basis, eliminating the need for laxatives.  
We have found through this five part series, As We Grow Older, that many functions of our body change as we grow older. Knowing what is happening to our bodies as we change, gives us more control over our lives. We can't change the changes, but we can live healthier lives.

## Chatco Lab a fun and unique way to learn about different cultures

**by Norma L. Simpson**  
Early in June, Tina Aguilar, Valarie Aguilar and I attended Chatcolab at Camp Gifford north of Spokane. Chatcolab is an organization of individuals who believe in sharing through stimulating experiences for people who are interested in recreation and leadership. One highlight of "Chat" is to learn fun ways to develop leadership skills and to incorporate recreational activities in the learning process. The Spirit of Chatcolab states that "This should be a sharing camp, with no distinctions of leaders from campers, pupils from teachers."  
We often opened the day with singing new and old songs in new and different ways. The ninety participants from 11 states soon became acquainted, one of the many skills we polished throughout the week. Bringing strangers together is an important task in societies like ours, where many more cultural groups come together than have had to meet as equals.  
One impressive exercise happened the first day under the guidance of Judy Seabert from Aberdeen, Washington. In five minutes the 90 participants chose an animal that called to them - Hippo, Wolf, Dolphin, Buffalo, Butterfly, Owl, Rabbit or Pig until the group numbered no more than 9. In 30 minutes, she had 10 small groups "create" new countries - with an Imaginary name, an anthem, a greeting and departure for strangers, and with problems and resources to share. Then for the next hour we had to try to exchange the resources and problems with representa-

tives of the other 9 new countries.  
We had to decide signs of respect in the new culture; what rules about the distance or space between people; whether the group will negotiate with the new country on an individual or group basis; what was a common gesture that is offensive; and what you will do if some one gives you a compliment.  
My group, the butterflies, had lots of oil to sell, and needed markets for the oil. We agreed that our greeting was a "gentle low five" instead of the traditional hearty handshake used in much of the USA.  
All of our group was stunned when representatives of the first group ignored our "gentle low five" greeting but grinned from ear to ear as they scratched us behind our right ears.  
The "Pig Country" representatives were looking for food, as they had a large population without enough food.  
The eight people in my group were insulted when no Pigs responded to our "gentle low five" greeting. But none of us responded to their scratch behind the right ear. It took about 20 minutes mingling from group to group before one of our group said "Oh is the ear scratch the way you greet people? Let me also teach you our greeting, the gentle low-five greeting."  
In fact what had happened was that each of our groups felt insulted because we did not respond to the "expected" greeting. The rich group pulled away from the ear scratchers, and the pigs kept coming with enthusiasm. The rich backed up, and the ear scratchers

kept grinning and talking about their need for food. "Do you have extra food you can sell at a reasonable price?" All they had to offer was Metal in exchange for our oil. When we were not willing to bargain, the Pigs scratched us behind the left ear and grinned as they said good bye in a most friendly fashion.  
Another country sent a formal representative, an Ambassador, who was presented in a formal way - complete with their country's banner, and national anthem before informal talks could take place. It was a clash of traditions when the informal back-slapping rabbits didn't want to wait for the anthem, they were eager for the sporting event to begin.  
We were equally disarmed by the "Owl" participants who insisted on staring us down at nose length. After offering us a tucked-in wing joint as a greeting, we could only seem to respond with our "gentle low five" greeting. But this time it was the stare with their eyes glued to ours that kept us away from their cotton and cars.  
Representatives of another country did not believe in touching each other let alone

strangers from another country. Most of us missed the "offensive" gestures as we went from one group to the next.  
Nearly a week later, I'm still stunned at the greeting behind the ear by the Pig culture and as stunned that none of our stuffy group could overcome the insult by being rejected for our "gentle low five" greeting.  
Try it? If you are use to having a gentle touching of hands at arms length, you too would be surprised by the tickling behind your ear which brings you very close to the stranger from another culture. Or the stare that makes you so nervous. But really it was "Getting Down to Business" before we were prepared with the social ways of others that kept us from achieving the goal of negotiation.  
Few of us set out to "get acquainted" before we launched into our "negotiations" to exchange the items for trade. It may be goods, services or knowledge that we are trading, but the process probably demands the same consideration of the differences between cultures and the respect that each culture should show to the other.

*Happy 4th of July to everyone from the Warm Springs OSU Extension office. Drive careful and watch out for the other person.*

## Stockman's Roundup: Hay crop looks good



**by Bob Pawelek**  
**OSU Livestock Agent**  
A quick quiz on your knowledge of ag commodities in the state:  
Rank the following in terms of sales in Oregon—the nursery business, hay, and beef cattle.  
I'll have the answer at the end of this column.  
With the recent long-term rains, most everyone's first cuttings will have been rained on. When you purchase your winter feed this year, keep that in mind. First cuttings should not wreck your pocketbook. Prices right

now are still ridiculously high, but should come down when the second and third cuttings are in the barn.  
When we speak of hay as an ag commodity, we find that economists usually break hay into two categories, alfalfa and other types. "Other types" include native grass hay grown in meadows under irrigation, grain hay such as oats, triticale, wheat and rye (which often includes the seed), clover hay, and improved grass hay such as orchardgrass and tall fescue.  
Alfalfa is the most expensive hay. It's grown on fewer acres, about 400,000 compared to about 600,000 for other types in 1994. But it has a higher protein content and was valued at about \$165 million last year.  
Growers in the Columbia Basin average 7.75 tons of alfalfa per acre. Protein levels range from 13 to 27 percent. The majority of alfalfa grown east of the Cascades goes to dairy farms in western Oregon and western Washington, but some is shipped to Japan.  
Christmas Valley is also good hay growing country. Lake County's meadow hay runs 3 to 9 percent protein and the alfalfa runs 22 to 23 percent. Some Christmas Valley hay is exported to Canada, while the meadow hay is supplemented with a little molasses and protein and fed to beef cattle.  
Growers in Klamath County raise much grass hay—tall fescue, bluegrass, orchardgrass and meadow foxtail. Most pastures are irrigated and fertilized. Grass straw had a farm gate value of \$13.3 million in 1994, according to Stan Miles, OSU Extension

economist. By the time the straw was exported from Portland to Japan for feed, it was worth twice that amount.  
Alfalfa acreage in Central Oregon is going down a little, according to Mylen Bohle, OSU Extension agent in Crook County and researcher at Central Oregon Ag Research Center. Mylen says production has dipped in recent years due to water shortages and other factors that have encouraged growers to move toward higher value crops like mint, grass and vegetable seed.  
Though some may not realize it, the Willamette Valley grows good alfalfa. Marion County alfalfa contains 15 to 18 percent alfalfa. Much of the seed for grass hay is grown in the Valley.  
Malheur County is Oregon's chief alfalfa seed producer. More than 5,000 of the states 6,000 acres of alfalfa seed are there. The area also produces alfalfa hay.  
Researchers at OSU figure the best way to get the most protein from a cutting of hay is to harvest early. In the case of alfalfa, that is the pre-flower stage before the plants start putting energy into flowering and reproduction. Young, tender, leafy plants make the best hay. The trick is to cut and bale before they get so dry they lose leaves (and their appeal to cows), but not when they are so wet they turn moldy.  
In 1994, the Oregon hay industry was worth about \$250 million dollars, making it the state's third leading agricultural commodity, behind cattle and calves (number one) and the nursery industry (number two).

## Rockn' 4-H club receives grant from OR Lottery

A \$3,500 grant proposal was funded recently, thanks to the Oregon Lottery. The club is now happy to be responsible for a 1984 16 foot WW gooseneck trailer funded by OSU's Rangeland and Livestock Lottery Fund. An additional \$100 was graciously donated by Joe Moses.  
The Rockin' 4-H has long been in need of its own trailer, especially when the herd needed to be moved back and forth from the Winter Range at Tenino Valley to the Summer Range at Sidwaller. Until receiving its own trailer, the club was dependent upon the Natural Resources Branch or volunteers to help haul animals.  
The 4-H Beef Herd, now consisting of three purebred Hereford cows and two crossbred long yearling heifers, are due for calves in November. They were moved to the Summer Range back in April, and are so well conditioned it's difficult to tell if they're pregnant or just fat.  
Swine Club  
4-H Swine Club leaders are requested to submit Jefferson County Fair entry forms no later than Friday, June 30 to the Extension

office.  
Warm Springs will be well represented at the Fair this year, with at least three market hogs in the show.  
Pasture Demonstration  
A 22-acre mixed grass variety trial was established on the 4-H winter range at Tenino Valley. Back in March, four sets of grass mixes were sown on the sagebrush pasture between Tenino Apartments and Kathleen Heath's home and south of Tenino Creek.  
It is hoped that the demonstration will exhibit methods of pasture improvements for alkaline soils.  
Grass varieties used include Bluebunch wheatgrass, Tall wheatgrass, Basin wildrye, Big bluegrass, Crested wheatgrass, and Streambank wildrye. The pasture will be crossfenced later this summer, enclosing Tenino Creek and growing feed for winter use.  
Livestock grazing on the newly established grass trial will be restricted for two growing seasons, as the USDA assisted with cost-sharing.