



Arlene Boileau
4-H & Youth

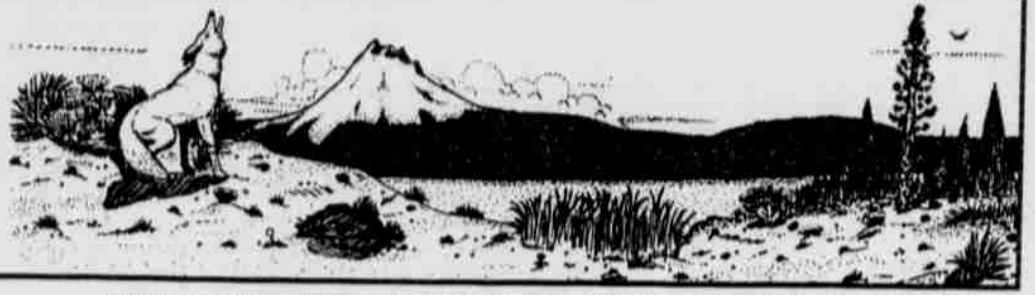
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The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, 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.



The Clover Speaks

by Sue Ryan
WS 4-H Program Assistant

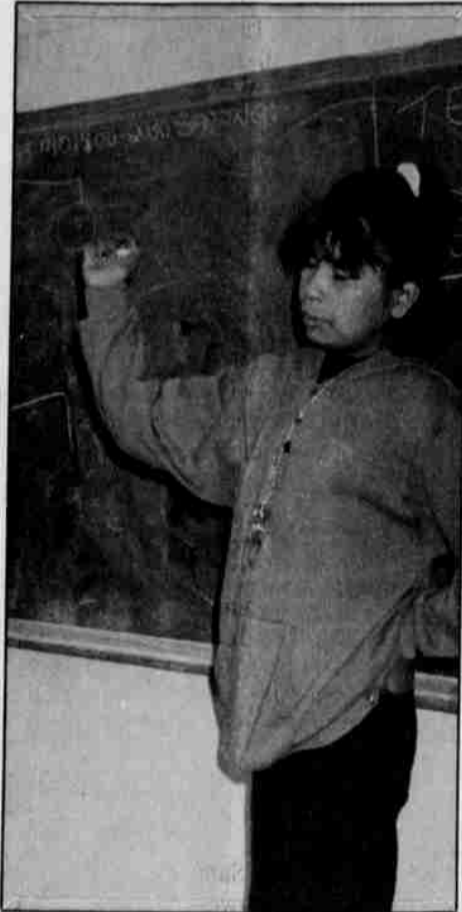
Monday nights in Warm Springs are relatively quiet. The first day of the workweek has passed and kids are back in the school routine after a weekend break. On this particular Monday night leaves blow down deserted Wasco Street. If you look closely though you will see a burning light in the basement of the 4-H Center. Four spaces are drawn on the chalkboard by Florence Starr. The 4-H Search and Rescue cadets take turns guessing the letters. A "G" one calls out. The unlucky cadet gets a head drawn on the hangman's gallows as another takes a turn. Finally, one of the leaders gets the answer—"Food". The group uses the simple game of hangman as a way to polish their skills for their project area. The 4-H Search and Rescue

cadets are one of the longest running clubs in Warm Springs. Although Keith Baker is their primary leader, he has also had help from various adults. This year his resource leaders include Ramona Starr, Luke Sanders, and Victor Switzler. The club began in the fall of 1987 and had a temporary dissolution in the spring of 1995. When the club started up last fall it was with a new direction in mind. The Warm Springs 4-H Search and Rescue cadets went from being a Secondary response team towards retraining for Mountain Rescue status. The intent this year is to return to a training intensive phase similar to the beginning of the group in 1988. The current set of 4-H Search and Rescue cadets is very young, from ages 9 to 14. Leader Keith Baker requires that the cadets be willing to commit to the program for the next five

years. The change came about for several reasons. One was the need that Baker saw for a Mountain Rescue team in this area. Hikers or climbers often make the news when they become stranded on Mount Jefferson located on the western boundary of the Warm Springs Indian Reservation. The closest rescue teams are located in Corvallis and Hood River. Along with the training changes come equipment changes and the need for funding. The Warm Springs 4-H Search and Rescue cadets are currently selling pre-paid phone cards to raise money for equipment. The cadets get a portion of the proceeds from the phone cards. Club members include: Larry Switzler, Chey Culpus, Mathew Vaeth, Larry Squiempfen III, Florence Starr, Marlan Oakes, and James Wolfe III. Project club leaders include: Keith Baker, Luke Sanders, Victor Switzler Sr, and Ramona Starr.



The Warm Springs 4-H Search and Rescue cadets take time out from their busy club meeting to pose for the camera.



Florence Starr keeps the 4-H Search and Rescue cadets guessing during a game of hangman at a recent club meeting in the 4-H Center.

Economic prison is escapable

by Norma L. Simpson

In December, I met a young family that is in deep debt. Married for only two years, they have already managed to get themselves into "credit card prison" by applying for all those "pre-approved" credit cards that they get in the mail. It looked like a dream come true. One card was approved for \$2000, another card approved for \$5000, without checking on the credit worthiness of him or her. Suddenly they have locked themselves into \$10,000 debt in their own Economic Prison. Then the final axe fell, he was the first cut in the Federal Government downsizing. And his unemployment papers were caught in the shutdown of the government.

OUCH! That is an economic prison that you don't want to be in.

It's time for a scissor attack. Each pre-approved card should be cut in pieces, saying you not going to trap me. If you are already deeply in debt, you can cut the cards in many

little pieces, just to take out your frustration. In 1996, it's your chance to take up a new mentality....know what you earn, how you spend, and how to take responsibility for your financial affairs.

Pledge not to be repossessed - because you only pay cash for small items like TVs, VCRs, guns, and used cars.

Pledge to pay each month's bill - not just the "minimum payment."

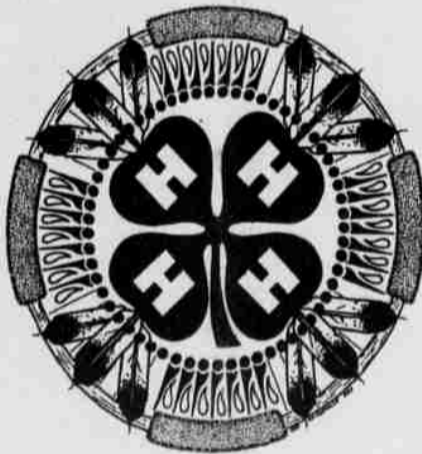
Pledge to make a plan for the things you can afford to buy - and pay cash so that it's yours.

Pledge to care for and fix the things that you have. Involve the children too, so it becomes a habit at home.

Pledge to appreciate the things that you have and can make at home.

Pledge to learn new skills at work and home so your knowledge grows as you grow.

Pledge to be happy because you are getting on top of your finances.



FEBRUARY

Garden hints from your OSU Extension Agent

- Have soil test performed on garden plot to determine nutrient needs. Contact your county Extension office for a list of testing laboratories.
- Prune deciduous summer blooming shrubs and trees.
- Prune clematis, Virginia creeper, and other vining ornamentals.
- Pasteurize soil for starting seedlings in pots or flats.
- **Western Oregon:** plant seed flats of cole crops (cabbage, cauliflower, broccoli, Brussels sprouts).
- Fertilize rhubarb with manure or a complete fertilizer.
- **Western Oregon:** fertilize lawns.
- Tune up lawn mower and garden equipment before the busy season begins.
- Prune and trellis trailing berries and caneberrries.
- Prune fruit trees and blueberries.
- Good time to plant fruit trees and deciduous shrubs.
- Delayed dormant sprays of lime sulfur for fruit and deciduous trees and shrubs.
- Prune and train grapes; make cuttings.
- Prune roses in western Oregon; wait until May in high elevations of eastern and central Oregon.
- **Western Oregon:** good time to plant new roses.
- **Central Oregon:** gather branches of quince, forsythia, flowering cherries and bring inside to force early bloom.
- Repair winter damage on trees and shrubs.
- Control moles and gophers with traps or poison bait.
- **Western Oregon:** Elm leaf beetles and box-elder bugs emerging from hibernation; may be seen indoors.
- Make a coldframe or hotbed to start early vegetables or flowers.
- Plant onions outdoors in western Oregon as soon as the soil is dry enough to till.
- Check junipers and cotoneaster for webworm activity. Spray if necessary.
- Plant windowsill container gardens of carrots, lettuce, or parsley.
- Plan to add herbaceous perennial flowers to your flowering landscape this spring: astilbe, candytuft, peony, anemone.
- Make plans for a bed for herbs, for cooking and for interest in the landscape: parsley, sage, chives, lavender; plant next month.
- If weather permits and the soil is dry enough, spade or till garden areas for planting later.
- Spade or plow down cover crops or other organic matter.

Recommendations in this calendar are not necessarily applicable to all areas and varying climates of Oregon. If more information is desired, contact your county office of the OSU Extension Service.



OREGON STATE UNIVERSITY EXTENSION SERVICE

Stockman's Roundup—Pros and cons of leasing cows



by Bob Pawelek-OSU
Livestock Agent

When leasing beef cattle, good management is essential or the business can really suffer. Ranchers who are considering leasing part of their herd to others should get a predetermined price on the heifers produced by cows that are leased. Then, no matter what the market does, the price is fixed.

If prices drop to steer calves, the owner of the leased herd helps absorb some of the financial damage. Despite the potential pitfalls, some experts think leasing beef cows has some plusses. By leasing both pasture and cows to a young rancher, an older rancher can arrange to get 40% of the calf crop and the lessee can ease himself into the cattle business. It can be a good way for young people to get started.

Bankers are not completely sold on leasing. Not only is it harder for lessees to build their own equity, but sometimes it's hard to control whose cattle are whose, which ones were rightfully branded, and which ones weren't.

BLM reseeding

The BLM is in the process of reseeding 110,000 acres of public land in southern Idaho burned by wildfires this past summer. The work will cost about \$3.8 million. About half of the land is located 40 miles south of Bruneau and the rest is scattered from about

10 miles south of Kuna to 20 miles west of Rogerson. The re-seeding is intended to prevent erosion and invasion of annual grasses. Much of the area is already infested with cheatgrass.

In areas heavily infested by the cheat, Crested wheatgrass is being planted because it competes well with non-native annual grasses. In areas that are not heavily infested, a variety of native perennial grass species is being planted.

A combination of drilling and aerial seeding is being used. About 900,000 acres were seeded with drills. Yet this winter, about 110,000 acres will be seeded aerially with sagebrush and various forbs to re-establish plant diversity and wildlife cover. This coming spring, BLM will construct and repair protective fencing around the seeding. Livestock will be kept off of the seeded areas for at least two years.

Kids need SSN's

New parents should be aware of a change in the law that requires them to get Social Security numbers (SSN's) for children born this year. Any taxpayer who claims a child as a dependent on the 1995 income tax return must include the child's SSN, unless the child was born in November or December of 1995. A taxpayer should include the SSN for any dependent born in November or December 1995, if it is available. If not, the taxpayer must write, "11/95" or, "12/95" in the space for the child's name.

A taxpayer who has not applied for an SSN for a dependent child can do so by completing Form SS-5 and providing the Social Security Administration with an original birth certificate and one other piece of identification showing the child's name, such as a doctor's letter or hospital record. It usually takes only two weeks to get an SSN.

For more information on how to apply, or to get Form SS-5, contact any local Social Security office or call 1-800-772-1213. Form SS-5 is also available from the IRS.

Yellowstone Brucellosis

In late October, state and federal officials reached an agreement on a new Yellowstone Bison Management Plan to control and ultimately eliminate brucellosis-infected

bison wandering outside of Yellowstone Park. The agreement also settled a lawsuit against the National Park Service, USDA, and APHIS filed on behalf of Montana by Governor Mark Racicot.

The agreement reportedly calls for the Park Service to operate bison capture facilities inside the park near Gardner and outside the park near West Yellowstone. Bison will be tested and pregnant cows and those with brucellosis will be shipped for slaughter. Others will be tagged and released. Any bison wandering off designated national forest land that may come in contact with cattle will be shot.

The new plan, which is designed to protect Montana's brucellosis-free status and eliminate brucellosis-infected bison in the park, could be implemented before the end of January.

Keep rodents away

Mice and rats are shivering, and they're out hunting for a cozy corner to nestle into for the winter. Not only are they a nuisance, they can also become a severe health hazard. Already there has been a confirmed case of a disease caused by deer mice in Oregon.

Here are some points to consider to keep rodents out of buildings:

- * Use sheet metal, steel wool, heavy mesh or screen or concrete to seal up any holes larger than 1/4-inch in diameter. Place three inches of gravel under the base of the buildings to discourage rodent burrowing.
- * Remove material for nesting sites, such as newspapers, storage and cardboard boxes, from walls and floors.
- * Store firewood, lumber and building supplies away from building and at least a foot off the ground to minimize potential nesting sites.
- * Check building entrances to ensure windows and doors close tightly.
- * Store all food, water and garbage in metal or thick plastic containers with tight-fitting lids. Never leave food or water out overnight.
- * Pay attention to sanitation. Wash dishes and cooking utensils, and clean spilled food from counters and floors immediately. Also, dispose of any trash and clutter.

Benefits of food additives explained

Sour Cream
by Norma L. Simpson

Sometimes research is done that doesn't seem to be important. But for the people and industries that use the information, it is important and makes a difference in strange places. This story is an example of how Oregon State University Research can make a difference in fast food restaurants and at home. This small article is from the Oregon Agricultural Progress magazine for Fall, 1995.

"Sour Cream Can Get Too Perky"

There's good news about imitation and reduced fat or "light," sour cream often consumed by Americans who eat in fast food restaurants and those who count calories.

OSU Food scientists believe they've discovered how to give it more of the rich buttery flavor of regular sour cream.

"A small molecule called diacetyl give more dairy food their rich buttery flavor," explained Floyd Bodyfelt, an OSU Extension Service dairy specialist.

But manufacturers often add too many stabilizers and mask the buttery flavor while trying to make a "perky" imitation of light sour cream product that will keep its shape when streaked across burritos or baked potatoes, Bodyfelt said.

However, a Ph.D. student in Bodyfelt's laboratory, Scot Rankin, had collected data that show some stabilizers will keep sour cream firm without making the delicate flavor imparted by diacetyl.

In his research Rankin designed a gas-tight container to measure the number of odor molecules in the vapors rising from sour cream samples containing various combination of stabilizers. He found that guar gum as a stabilizer gives sour cream products firmness without inhibiting the buttery flavor.

Bodyfelt believes Rankin's finding will help sour cream manufacturers more carefully select and balance stabilizers and enhance the presence of the aromatic diacetyl molecule.

"The larger, more progressive companies who are concerned with sensory and flavor qualities of their product will be interested in these results," said Bodyfelt. "And they may opt to change the levels or types of stabilizers employed in manufacturing sour cream."

WHAT IS GUAR GUM?

Guar Gum is extracted from the seed of the guar plant, a legume resembling the soybean plant. India and Pakistan are major producers. The gums is a complex sugar, a condensation of the simple sugars mannose (found in many plants) and galactose (a sugar in milk).

You will see guar gum in lots of labels because it helps ingredients to thicken. Guar gum absorbs cold water readily, forming thick, semi-fluid mixtures. This property make guar gum very useful in the food

industry to stabilize the consistency of ice cream and as a texture modifier or thickening agent in various food products.

When I consulted the **Food Additives Book** produced by the Consumers Union in 1982 to mention a few, I found guar gum added to the following products Morningstar Breakfast Links, Worthington Sandwich Spread, Weight Watchers Frozen fish dinners and Veal Stuffed Peppers and Egg Plant and lots of other frozen dinners, Eskimo Dietetic Bars, Chicken Rice Soup Starter, Safeway Cheddar Cheese Party Dip, Kraft Ready to Serve Blue Cheese Dip, Honey Buns, Sara Lee Black Forest and Short Cakes and Morton Banana Cream Pies.

As I looked closely at the food products, I was amazed to find that 100 food products contain whey, the dried product made when casein is removed from milk as cheese is made. I remember the 1960's when dairy and food researchers were looking for a way to use whey in human food as well as for calf feed. What progress!



Idea Fair held Jan. 20

The Tri-County 4-H Idea Fair will be held this Saturday, January 20th at the Education Center and Warm Springs Elementary School. Walk-in registration by Warm Springs residents is allowed. There are registration & supply fees for some of the classes. Our schedule starts with a coffee & registration hour at 9 a.m. in the 1st floor training room of the Education Center. That is where you can sign up for classes also. Session One is from 10:00 to 10:45 a.m., Session Two 11:00-11:45 a.m., Session Three 1:00-1:45 p.m., and Session Four 2:00-2:45 p.m.