



Arlene Boileau  
4-H & Youth

Bob Pawelek  
Livestock

Clint Jacks  
Staff Chair, Madras

Norma Simpson  
Home Economics

Sue Ryan  
4-H Assistant

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.



## Vacuuming can improve your health The Clover speaks

**OSU NewsTIPS**  
You could be exposing your family to harmful levels of lead, soil, pesticides, house dust, allergens and other pollutants. "Recent studies indicate that some families are exposed to more environmental risks in their homes than would be allowed in the workplace."  
The cause? Inadequate house cleaning, especially carpeting and upholstery.  
Prolonged exposure to household pollutants can cause retarded growth, learning disabilities, allergies, cancer, nervous system damage, and other illnesses. Infants and children especially risk because they are going through intense growth and development. In addition they tend to be on the floor more and put things in their mouths.  
To reduce pollution levels in the home, start with a thorough vacuuming of carpets and upholstery. For best results, vacuum the carpeting in two directions. How often you vacuum depends on the amount of traffic

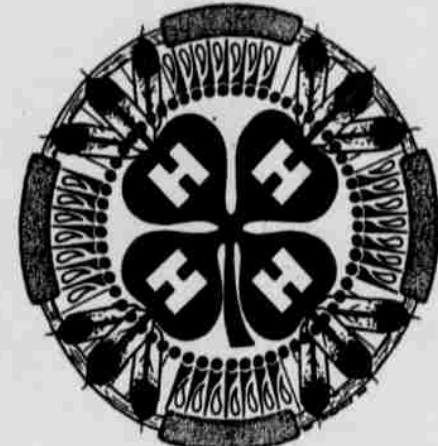
through and area and whether you have small children.  
Be sure that you have an efficient vacuum that is working correctly. A vacuum equipped with brushes to loosen dirt works best. Check the bag or filter on the vacuum frequently and change it as needed. Be sure the bag and filter fit snugly so that all air passes through them, depositing contaminants inside rather than recycling them into the air.  
If a family member suffers from asthma or allergy, you may also want to vacuum the mattress on a regular basis. House dust mites eat the dead skin from your body that is in bedding and mattresses.  
According to Roberts and Dickey, authors of "Exposure of Children to Pollutants in House Dust and Indoor Air" in the *Review of Environmental Contamination and Toxicology*.  
A clean home is not just a matter of looks, it is a matter of health. In that sense a good vacuum cleaner is a sound investment in your family's health.

**by Sue Ryan**  
In the last edition of Cloverspeaks, I shared recipes from the 4-H program's class on Microwave Jams-n-Jellies. This time, a chance to make candy in the microwave. Thanks to Instructor Liz Blann for sharing her expertise in this area.  
**Microwave Candy**  
Microwave candy making can be a fun and favorite way to make candy. How sweet it is! Candy making in the microwave can be as simple as stirring nuts into melted chocolate or as involved as cooking sugar syrups.  
**Melt-and-stir candies**  
Once you've tried them, you'll think your microwave was invented for melt-and-stir candies. You simply melt chocolate or caramels and stir in the remaining ingredients.  
**Classic candy making**  
You can micro-cook nut brittles, fudge, and divinity, but these classic candies take a little practice. Still, once you get the knack of accurately timing the sugar syrup and working quickly, you'll be able to turn out great candy every time.  
**Testing for doneness**  
For best results with the classics, it's a

good idea to test for minimum cooking time. If the mixture hasn't reached the right stage, continue cooking and test every 30 seconds.  
You can tell if the candy has cooked long enough by using a thermometer or a water test. We have included instructions for both methods in the recipes.  
**Candy thermometers**  
Our test kitchen had the best results with the quick-recovery thermometer. This cannot be used in the oven, but gives an immediate reading once the candy mixture is out of the oven. You can't use your oven's temperature probe because it cannot register the high temperatures that are necessary for candy making.  
If you use a thermometer, check its accuracy in boiling water each time you make candy. The thermometer should read 212 degrees. If it registers higher or lower, increase or decrease the final cooking temperature of your candy accordingly.  
**The Water Test**  
Another accurate gauge of candy temperature is the water test. As sugar syrups get hotter, they react differently in cold water. At the lower temperatures, mixtures form soft balls. Then, as their temperatures rise, mixtures form harder balls and eventually brittle threads.  
To use the water test, drop some of the candy syrup into a bowl of cold, but not icy, water. Using your fingers, form the syrup into a ball. The way the syrup reacts will tell you if it's cooked long enough.  
**Candy Cookware**  
When making the classic candies, use heavy-duty glass containers that are free from cracks and chips and have not been stressed by falls. Stressed glass may shatter from the heat of the syrup.  
Here are the three candy recipes we made in the April 11th 4-H cooking class.

**FANTASTIC FUDGE**  
3 cups sugar  
3/4 cup butter or margarine  
1 can (5 1/3 ounces) evaporated milk  
1 jar (7 ounces) marshmallow creme  
1 12 ounce package semi-sweet chocolate chips  
1 teaspoon vanilla  
1 cup chopped nuts  
**Total Cooking Time: 9 to 11 minutes**

**PEANUT BRITTLE**  
1 cup sugar  
1/2 cup corn syrup  
1 3/4 to 2 cups dry roasted peanuts  
1 teaspoon butter or margarine  
1 teaspoon vanilla  
1 teaspoon baking soda  
**Total Cooking Time: 9 to 9 1/2 minutes**  
Generously grease baking sheet. In 2 quart glass measure, combine sugar and corn syrup and cook on HI 4 minutes. Stir in peanuts using wooden spoon. Continue to cook on HI 3 minutes. Stir in butter and vanilla and cook on HI 2 to 2 1/2 minutes or until candy thermometer registers 300 degrees (or until small amount of mixture separates into hard and brittle threads when dropped into very cold water). Blend in baking soda and stir until mixture is light and foamy. Pour onto prepared sheet, spreading quickly to edges using back of wooden spoon. Let cool completely. Break into pieces. Store in airtight container in cool place.  
That's the Microwave Candymaking recipes from our April 11th 4-H cooking class. Sweet dreams!



## Book tells of four phases in child development

**by JoAnne Kock, Wasco County Extension Agent**  
People talk because they like to say things. Spoken language is one way of interacting emotional and socially: Share feelings, thoughts, needs and ideas. All else being equal, infants and children who vocalize more often may learn at a faster rate. This can affect other developmental skills.  
John L. Locke author of *Phases of the Child's Development of Language* wrote about four phases of language development. The first phase, VOCAL LEARNING comes to infants early: "The normally developing fetus is able to hear its mother's voice within the womb in the first trimester of pregnancy. This may explain why many infants prefer their mother's voice to others. It is also a good reason to talk, read and play music during pregnancy."  
By the age of 8 months, some infants begin Phase 2, STORAGE, of language they have learned. They often learn en bloc, by rote, and in short phrases rather than single words. They also say what they have heard,

not creating new speech.  
By age 2, the child reaches the ANALYSIS AND COMPUTATION Phase. Children begin computing words from the elements of words they have heard, rather than just reproducing what they have heard.  
Other children reach Phase 4, INTEGRATION AND ELABORATION, they can rapidly learn a greater vocabulary, the rules which help them learn new words and the use of sentences. Soon they begin to sound like the adults they want to sound like. They also discover the core principle of communication, "That other people have mental lives that are different from their own. Once this happens, children are able to use words to convey to others their thoughts and feelings that would otherwise be accessible only to themselves. As long as they have access to reasonably nurturing talkers they too will talk themselves into language."  
The trick of language is learning to listen to what they hear, and being selective about the quality of the words they choose to use. That's the same for adults.

## Jack (Jill)-of-All-Trades share busy week of her job description

**by Norma L. Simpson**  
January 2 was an unusual day. Two different families and their children came in to my OSU Extension Office in the Education Center (previously called the Old Boy's Dorm). They wanted to know about the pamphlets outside the door. Yes, they are free come and take a look. One wanted the Fat Booklet, and how to control weight. Another wanted the Cherokee Yam Cakes recipe. She had not seen it in the Spilyay, so her husband took a copy. It sounded good.  
And another woman called me the "Jack-of-all-Trades" because I get involved in so many things. My next class that woman was to talk about "Self-Esteem" and ways to think positively about ourselves.  
Another woman and her daughter checked out "Catch the Whisper of the Wind" a book about the beauty of Native American philosophy and principles of living, written by Cheewa James and her vision quest. We talked about the tape and the music and the artwork of Villaseor.  
We talked about the closeness of putting together a new 1500 piece Native American puzzle about "The Great Bear Spirit" during the New Year's weekend. Mother confessed that she hasn't done a puzzle since her youth, but her daughter says she likes to do them.  
Then I had telephone call about Earned Income Credit and how that tax benefit is not suppose to affect the benefits of a full-time worker. But one full-time worker who earns very low wages and about the impact on her homeless assistance funds when she asked for Earned Income Credit on her pay check. Ouch! The request bumped her into

another bracket, that made her no longer eligible for health care and food stamps. She will be without these benefits for two months until the matter is straightened out. When you only earn \$700 a month for full-time work, Earned Income Credit is essential as long as it does not make you poorer.  
And just as the day ended, I was asked for pictures of wild animals to use with the Paiute Language classes. We took out the *Tracking Animals* book from the 4-H training materials that we developed last year. These are now on the Culture and Heritage computers for the language videos that are being prepared.  
To my pleasure, the language teacher told me that I had helped her to learn to sew in 1993. Since then she has done shawls, and a cradle board and a sewing class that lets you make a pattern from a drawing. She plans to bring me a sample the next time we meet.  
Tuesday I'll teach about Auto Maintenance and next week we'll talk about Self-Esteem with a homeless group and for the Life Skills classes at the Commodity Building.  
So what is my job? In the Extension home economics program in Warm Springs, my job is to apply arts and sciences to everyday living. That means using the entire resources of Oregon State University and many other sources to get information to answer your questions. My job is to stimulate your minds and your children's minds to be more curious about the world around us. My job is to help you to make better decisions based on the social and economic situation.  
Wednesday I had a request for informa-

tion about taking the Extended Warranties on new cars and trucks. The consumer magazines in my office, like Consumer Reports and Consumer Digest, did not mention extended warranties at all for vehicles. So I called the OSU Family Finance Specialist, Alice Miles Morrow, for clues about how you decide yes or no about the Extended Warranty. She consulted with the Housing Specialist, Mary Ann Sward, to see what her opinion was. (See another article about this topic)  
Last night I taught one of the Budget and Insurance meetings for the New Homeowners in the Mutual Aid project. We talked about the Fixed Expenses that are important for survival and signed contract commitments and Flexible Expenses. After we have paid the survival costs, the money you have left-over is for flexible expenses like entertainment, food, clothing, vacations etc.  
We also talked about insuring things they are buying for their new home. One lady has been paying since last year for the new bedroom sets for the five new bedrooms. As you accumulate new things, you will want to list all new items in a Property Inventory. Be sure to include the Serial and Model numbers for tools and guns, and equipment like television sets, stereos, electrical equipment and cameras.  
Unless you have the serial numbers, police will not let you have your stolen property if they are lucky enough to locate it. Have your children find their own serial numbers on things that belong to them. It will teach them the importance of the inventory and where the serial numbers are located.

Each participant received a copy of small inventory book. Colored photographs of each wall of your rooms will help you to make the list and be a good record if you have theft in your home.  
And yesterday, a flood victim came to the office. We talked about the long ordeal he would have for the next year, getting their home back in order. I asked if he had seen the television programs about recovery from flood damage. He said that the satellite programs did not include any of the local programs, so he had not seen the flood nor the efforts in the valley to help people escape the flood and to recover from it. If you have water damage in your house, let us know. We have Fact Sheets to help you save as much as possible.  
And Friday I was writing stories for Spilyay Tymoo and Tom-A-Hawk  
No wonder I like this role as "Jack-of-All-Trades. Each hour is different, some planned classes and many unplanned requests. Don't forget to check the article about Extended Warranties.

**Trout Lake Camp**  
It's not too early to think about camp! The 1996 4-H Wilderness Enrichment camp at Trout Lake will be held August 4th-11th. Call 553-3238 for more information.

**Crystal Springs camp**  
Tri-County 4-H Camp at Crystal Springs will be held June 15th to June 22nd, 1996. Contact the Warm Springs O.S.U. Extension office for more details.

**Summer Days**  
Summer Days at O.S.U. will be held June 24-27 on campus in Corvallis. This program is for youth who have completed grades 7-9. They do not have to be enrolled in a 4-H program to be eligible. Summer Days teaches leadership skills and involvement in community service projects. Call 553-3238 for more information.

**Vehicles cost more than gas and oil**  
**by Norma L. Simpson**  
It saves you a lot of money if you plan to shop just once a week. Simnasho to Madras to Simnasho will cost us between \$32 for all expenses associated to owning a full-size van to \$21 for those items like fuel, license, finance charges, tires, maintenance, insurance and depreciation of a subcompact car. The smart folks plan to shop at the same time that they go to town for other activities like little league, races, bowling or to service your rig.  
For a full-size van to make the round trip three times a week will cost you almost \$100. What can you do with a \$100? Lots.  
For a compact pickup and subcompact car, three trips a week will cost about \$63, just for the transportation costs. If you think that you are saving money on food in Bend or Portland, remember that you need to save a lot of bucks on each item to make up for the cost of going to get the groceries.  
Remember having a car costs more than just the gas and oil. Be smart plan your trips.  
**THINK AHEAD! TEACH YOUR CHILDREN TO PLAN AND SAVE MONEY WITH YOU.**

**Keep social security card handy**  
**by Alice Mills Morrow, OSU Extension Family Economics Specialist**  
If you are a teenager looking for a summer job, you must have a Social Security card. If you already have one, do you know where it is? Don't wait until the day of a job interview to look for your Social Security card. Locate the card now. If you have lost your card, call the Social Security toll-free number - 1-800-772-1213 and request a replacement.

## STOCKMAN'S ROUNDUP: How does Extension deal with controversy?



**by Bob Pawelek OSU Livestock Agent**  
Farmers and ranchers, like the rest of the world, are usually involved in some sort of discussions of community or general interest that gradually take on the aspect of a controversy. In our neck of the woods, some examples may be the 509-J school district, salmon recovery, and prices for calves at the Madras auction.  
When these discussions get to the point where resolutions are proposed for the support of various organizations, or where an organization is to be formed, a sharp controversy may develop through which people take

sides and become committed to one position or another. Occasionally two organizations appear to be in sharp controversy over an issue. Continual recurrence of natural resources controversy of one kind or another has subjected the Extension Service to the possibility of two dangerous attitudes — on the one hand, a desire to jump into the controversy that is of vital importance to ranchers and farmers in general, showing a red-blooded attitude and determination to fight the thing through on the basis of merit; on the other hand, a desire to avoid all controversy and follow a wishy-washy policy of avoiding unpleasant matters, even though they may be of vital concern to ranchers.  
Neither of these courses of action is wise from the standpoint of good public relations. The first attitude, if long pursued, would dissipate energy in combat; the other would gradually draw down our credibility.  
Some Extension agents have had the ability to change controversies into educational opportunities. Others have been unable to do more than stand by while the storm raged, to say nothing of being drawn in and getting drenched in it.  
As a young agent in Texas, I stumbled head on into one such brewing riot when a dairy cooperative was fighting for its existence in my county. There were poolers and nonpoolers among the farmers. Feeling ran high. I was trying to arrange a joint meeting of all milk producers with a neutral Ag Eco-

nomics specialist from A&M to discuss the economic facts. One of my strong Extension farmer-cooperators shouted, "Who in the hell are you with, the dairy farmers or the d\_m dairy company?"  
Fortunately I managed to keep cool enough to say that the only way to get anyone to change his mind was to bring in new facts under conditions that provoke thought. The farmers finally agreed with me after I was thoroughly drenched in a cold sweat.  
It didn't take long for my district director to hear about how I had handled the situation. That was probably one of the few pats on the back I received from him, albeit not without some well-aimed advice. He told me, You never want to lose your temper in a controversy with a farmer. It's like bawling out your wife. There's no satisfaction in it, and it usually puts you in the doghouse."  
The Extension Service is usually not called upon to take a stand for or against any particular plan or method under controversy. Rather, we are expected to stand on "research-based" facts. We get the facts on both sides and make them known. We let the ranchers and farmers make their own decision. We avoid public brawls in the newspapers; instead arranging for public hearings and offering facilities for open discussions that promote better feeling. If an agent has kept the rural public well informed and has their confidence, his action will usually be respected and valued.

**Fall calving a plus for most ranchers**  
**by Bob Pawelek**  
In an average or "typical" year, the highest prices for steers are generally paid in spring. Therefore, it stands to reason that fall should be the best time for calving. If you have good winter grazing, that is, vegetation in low-lying areas that grow valley grass, it's ideal. Another benefit of fall calving is that the weather is usually more favorable for baby calves, in that there is less of a chance of freezing to death immediately after birth. Better summer grasses keep cows in better shape, therefore calving problems (dystocia) are decreased.  
The objective is to put the weight on the calves in the winter. Do not calve out in the fall unless you have the winter grass, or access to inexpensive alfalfa hay.  
Calves may then be sold right at weaning time.  
Here is a quick Fall Calving Calendar:  
**Breed** in late November, December and January.  
**Calve** in late August, September and October.  
**Sell** in March and April.  
Avoid calving in July and early August, since grass production is at its lowest. When grass production is at its lowest, so is a cow's milk production.  
Of all ranchers in the United States, 25% calve out in the fall of the year.

**Ten minimum requirements for ranching\***  
1. A generous banker.  
2. Wide-brimmed hat, tall boots and wild rag. (Handlebar mustache optional.)  
3. New I-ton Dodge pickup with gunrack to hold hotshot, rope and rifle.  
4. Gooseneck trailer (of same color as truck) but small enough to park at cafe.  
5. Two heeler dogs and a horse with fancy saddle.  
6. A spool of "bob" wire and a few juniper posts.  
7. Some cows.  
8. Grass - any land that's finished producing a profitable cash crop.  
9. A job at the mill.  
10. A good pocket knife — for whittling while trading.  
\* Stolen from Frank Litterst, Beef Cattle Professor, Texas A&M University, from Rocky Vinson, Extension Agent, Alpine, Texas.