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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 Exension Service offers its programs and materials equally to all people. World Wide Web Address change for Warm Springs Extension: http://www.orst.edu/dept/wsext



### The Clover speaks

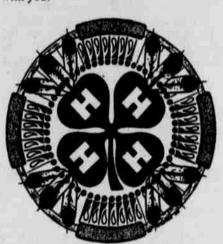
by Sue Ryan
4-H Program Assistant
SIGN-UP for CULTURE CAMP is rolling along. This year's Warm Springs 4-H Camp is set for Peter's Pasture July 7th through the 20th. (In past years the camp has been held at Trout Lake). There are two sessions and a full week is planned for both. It will include learning activities, games, campfires, cultural classes and hikes. We will be living out of doors in a tent and many activities require sitting on the ground so we will be getting wet and sometimes dirty. The two sessions are:

Session One 2nd to 5th grade completed July 7th - 13th Session Two 6th to 9th grade completed July 14th - 20th

You must sign up at the 4-H office. There is required paperwork to be completed before your camper can head to the woods. You can stop in and talk with us if you need more information. There will also be a Culture Camp orientation on Thursday, June 19th at 6 p.m. in the 4-H Kitchen. The cost for camp is \$40, but if you are Indian we have J.O.M. scholarships available for \$20 so your cost is only \$20. This is a small price to pay for week of memorable experience, filling meals, learning new skills and making friends. 4-H also provides a camp T-shirt.

4-H was onsite at the Warm Springs Com-munity Center for the annual Bike Rodeo but, unfortunately the event was shut down because of the dangerous thunderstorm conditions. This will be held June 21st instead from 10 a.m. to 4 p.m. While we were there for the Bike Rodeo, part of the reason 4-H became involved was because of the local effort to make a "STAND FOR CHILDREN"

on June 1st. Sue Matters signed me on board & even though June 1st has passed the information about this effort is something to think about and engage in each and every day. I borrowed here from a STAND FOR CHIL-DREN brochure to share some of the details



If you're a parent, you know the depth of feeling you have for your children is almost indescribable. Nothing matters more. But even if you're not a parent, you know that this is the first obligation of citizenship and a central tenet of every faith to leave this world a better place for the next generation.

Unfortunately, our society is doing the opposite. Children are the poorest people in America, the most vulnerable to crime and abuse, the most lacking in good health care. If we don't start putting children first, what good will our time on this planet have achieved? If we don't stand for our children,

It's time for every American, every par-

ent, every community, and for society as a whole to start treating each child as if nothing matters more. That's what STAND FOR CHILDREN is all about. Happening this year in communities across all 50 states, Stand For Children is a growing movement to leave no child behind.

The focus this year is on healthy children and Americans will take a Stand to ensure that every child gets a healthy start in life with the health coverage they need to grow and thrive, and healthy communities that allow them to breathe clean air, walk safely to school, and learn unimpaired by violence or untreated health problems.
WAYS TO STAND FOR CHILDREN

IF YOU CARE about babies being born too small to live and thrive, take mothers, business, political, media, religious, and community leaders on a "Child Watch" tour of your hospital's neonatal unit.

IF YOU CARE about children getting sick or dying from diseases we could prevent, organize an immunization campaign to make sure every child gets all the vaccinations they need.

IF YOU CARE about the 10 million children who lack health insurance - 90 percent of whom live in working families - sign the "virtual" petition for healthy children at www.stand.org on the World Wide Web. IF YOU CARE about children's health

and safety, organize a playground cleanup or a "safe corridors" walk against the violence that takes the lives of 5,700 children each

To learn more about how you can STAND FOR CHILDREN, call us at (202) 234-0095 or email us at tellstand@stand.org

That's all for this Cloverspeaks - catch 'Cooking with Playdough" on Saturday, June 21st at the Community Center.

Without MPP and similar export pro-

grams, many of the important and related jobs provided by ag exports would be lost. This is because the European Union and other foreign competitors continue to heavily outspend the U.S., in terms of export subsidies, and are aggressively seeking to capture a larger and larger share of the world market. Without a similar commitment, Ameri-

can farmers, ranchers and workers would be at a substantial competitive disadvantage. The choice is simple. We can export our products or we can export our jobs. The Coalition to Promote U.S. Agricul-

tural Exports includes nearly 100 organizations representing farmers, ranchers, agricultural cooperatives and related businesses, te departments of agriculture.

The poll represents the opinions of about 1000 respondents questioned in a national Respondents were asked to rate their level

of support - strongly supported, somewhat supported, somewhat opposed, strongly opposed or don't know - for the U.S. providing subsidies or financial assistance to help American farmers sell their products abroad. Those strongly or somewhat supporting represented 60% of the respondents.

When respondents were provided more information, the level of support jumped to

#### Natural Resource Notables

by Bodie Shaw Gardening and Water Quality

Lawn care and home gardening can affect groundwater quality and quantity, whether you live in the city or the country. Gail Glick, groundwater education specialist and master gardener at Oregon State University offers some ways home gardeners can minimize their impacts on groundwater:

Apply fertilizer according to plants' needs. Fertilizer in excess of plant uptake can pollute groundwater. Do not fertilize in the winter, as plants aren't growing much. During Oregon winters, heavy rain may transport nitrogen below the rooting zone before the plant can take it up.

Leave lawn clippings on the lawn, rather than removing them, there by returning nutrients to the lawn without the need for as much fertilizer. Mow regularly to avoid too many clippings at once.

Do not use spray devices that attach to the end of a hose to apply fertilizer or pesticides. These devices pose a risk of back flow of fertilizer into private well or public water supplies.

Do not store any chemicals in a well pump house. Accidental spills can reach the groundwater directly via the well hole.

Refuel all mowers, tillers, chain saws etc. on a hard surface (not the soil or lawn), at least 100 feet from your well.

Keep fresh animal manure covered if not in use. Store manure as far away from your well head as possible.

Conserve water. The less excess flow, the less chance for leaching contaminants into local groundwater. Use low flow devices such as drip irrigation and soaker hoses. Let your lawn go brown in the summer.

For more information on groundwater protection, contact Gail Glick, Home-A-Syst Coordinator for the OSU Extension Service, Bioresource Engineering, OSU, 116 Gilmore Hall, Corvallis, OR 97331-3906. Telephone 541-737-6294. The Home-A-Syst program is a groundwater protection project to help rural residents assess structures and practices that may be contaminating the ground-

water that supplies drinking water. Contact your local county office of the OSU Extension Service to inquire about upcoming local Home-A-Syst programs and workshops in



Gardening Information

Is 1997 your year to try growing a garden for the first time? The Oregon State University Extension Service Master Gardener Volunteers have the perfect publication for you, available at no charge

'Growing Your Own," is an eight page tabloid, full of practical information about how to grow your own vegetables in Oregon. "Growing Your Own," covers how to choose a garden site, preparing garden soil, soil testing, planting dates for garden vegetables. mulching, container gardening, composting, tilling, watering, weeding and pest control.

Also included are hints for gardening in

the various geographic regions of the state central and eastern Oregon, the Rogue Valley and the coast.

"Growing Your Own," is available at no-charge by sending a request to: Publica-

Agricultural Communications, OSU, 422 Kerr Administration, Corvallis, OR 97331-2119. If more than six copies are needed, enclose 25 cents per copy for each copy beyond six.

## STOCKMAN'S ROUNDUP: Americans support Ag jobs— ports are expected to generate approximately agricultural commodities and related prod-\$100 billion in related economic activity;



by Bob Pawelek OSU Livestock Agent

An overwhelming majority - nearly 75 percent - of Americans believe the U.S. government should help farmers and ranchers by providing needed assistance to encourage U.S. agriculture exports, counter subsidized foreign competition and protect American

This comes from a recent poll released by the Coalition to Promote U.S. Agricultural Exports in Washington, D.C.

U.S. ag exports this year are expected to exceed \$50 billion, accounting for nearly one-third of domestic production. In addition to helping boost farm income, such ex-

result in a positive trade balance of over \$20 billion, thereby reducing the overall U.S. trade deficit; provide billions of dollars more in additional tax revenues at every level; as well as create needed jobs throughout the

Currently, over one million Americans have jobs that depend on U.S. agricultural exports. According to the USDA, every billion dollars in additional agricultural exports helps create as many as 20,000 new jobs - in production, processing, marketing, transportation and shipping, as well as in other industries that supply goods and services relating

'Clearly, Americans understand the importance of maintaining policies and propete more effectively in the global marketplace and which serves to protect American obs," said Wayne Boutwell, president of the National Council of Farmer Cooperatives, speaking on behalf of the coalition.

"An important example," Boutwell said, "is USDA's Market Promotion Program (MPP), which provides export assistance on a cost-share basis to help farmers and ranchers, their cooperatives and other related businesses. In addition to being an effective public-private partnership," he indicated, "the program serves as a 'Buy American' program, by encouraging the promotion and sale of only American grown and produced

Congratulations to all the 1997 Graduates (higher education, high school, middle school, fourth graders & 4 year old Headstart). Have a safe, happy summer!! Don't forget to sign up for Culture Camp at Peter's Pasture, Session 1 starts July 7-13, for 2nd to 5th graders, Session 2 starts July 14-20, for 6th to 9th graders.

# **ELDER ABUSE: PART 8 AGING QUIZ-**

#### Aging Quiz

- True False 1. America is "growing old" as a result of technological advances. 2. The minority elderly population is expected to start growing faster than the Caucasian elderly population.
- 3. The average woman is likely to outlive her husband. Most older people who suffer from illness
- or impairments live in nursing homes. Most older people are lonesome and isolated.

Most older people have no interest in,

- or capacity for, sexual relations. 7. As a result of programs like Social Security and Medicare, the majority of seniors are
- financially well off. We can all expect to become "demented" if we live long enough.
- Older people are less likely to commit suicide than younger people.
- Some older people get paranold.
- 11. Overall, elderly members of the largest ethnic minorities have poorer health than non-minority elders
- 12. Older people do not trust the police and are unlikely to call them if they need help.
- 13. Older people cannot learn new things.
- 14. Older people grow more similar to each other as they age.

by Norma L. Simpson and adapted from the Participant Training Manual of the Office of Victims of Crime

In the next 30 years, the number of people over the age 65 is expected to double. It's called the "Graying of America." In fact there will be more people over 65 than there will be under age 18. Elderly minority populations will also increase substantially, with about 21 percent of the people of color compared to 14 percent of minor-

A new collection of information about aging has emerged that dispels previous misconceptions and myths about older people. Let's see how knowledgeable we are about older people. Question 1: America is "growing old" as a

result of technological advances. Answer 1: TRUE

In 1900, just 4 percent of the US population was over 65 years of age. By the year 2020, 22 percent of the US population will be over 65. The fastest rate of growth among the elderly has been

in the over-85-age. A baby born in 1900 could expect to live to about 47 years old. Now the average is more than 75 years. Previously the increase occurred because of the dramatic decrease in infants and children, thanks to the immunization of children. In the later years of the century, the increase in life expectancy has been in the decline in deaths of middle-aged and elderly populations. This trend reflects the technical advances in medicine and public health, as well as the high birth rate before World War I and the "baby boomers" after

World War II. Question 2: The minority elderly population is expected to start growing faster than the caucasian elderly population?.

Answer 2: TRUE While the proportions of elderly in minority populations are smaller the in the Caucasian population, minority groups are expected to start increasing at a faster rate. Between 1900 and 2030, the older Caucasian population will grow by 92 percent, compared with 247 percent for the older African-American population and 395 per-

cent for older Hispanics. Increases in the minority elderly population are attributed to two factors: increased birth rates and expectations tea minority infants will live

longer than their parents or grand parents did. Question 3: The average woman is likely to outlive her husband.

Answer 3: TRUE In 1987, the average life expectancy for men was 71.5 years, while for women it was 78.4 years. For this reason, elderly women outnumber men three to two

Question 4: Most older people who suffer from illness or impairment live in nursing Answer 4: FALSE Only about 5 percent of people age 65-plus are

in nursing homes at any given time. The over-

whelming majority of older adults, even those with severe disabilities, want to live at home in familiar surroundings and near loved ones.

Because of the costs and attitudes associated with nursing homes. most older people who have health problems or disabilities receive the care they need from family members, neighbors, or friends. Those who provide care to impaired persons are referred to as "caregivers." A variety of health and social services has been developed to assist the elderly who are living in the community and with families

Question 5: Most older people are lonesome and isolated.

Answer 5: FALSE

Despite the fact that we live in a seemingly transient society, most older people live with or close to, family members and have frequent contact with them

Question 6: Most older people nave no interest in, or capacity for, sexual relations. Answer 6: FALSE

The majority of people over 65 continue to have both interest in, and capacity for, sexual relations. Sex continued to play an important role in the lives of most men and women through the seventh decade of life.

Question 7: As a result of programs like Social Security and Medicare, the majority of ceniors are financially well off. Answer 7: FALSE

While It is true that many seniors benefit from these programs, a significant number seniors, particularly women and minorities, live

below or close to the poverty level. Question 8: We can all expect to become

'demented" if we live long enough. Answer 8: FALSE

Dementia is not part of the normal aging process. The likeliness of contracting dementia, however, does increase with age. Dementia is a condition characterized by intellectual deterioration, memory impairment, disturbed abstract thinking, defective judgment, poor impulse control, personality changes and inappropriate emotional responses. It is estimated that less than 10 percent of those over 65 are subject to dementia.

Question 9: Older people are less likely to commit suicide than younger people.

Answer 9: FALSE

The suicide rate among the elderly is significantly higher than it is for the total population...Signs that may signal suicidal intentions include the sudden decision to give away

important possessions and a general loss of interest in one's social and physical environment.

Question 10: Some older people get para-

noid. Answer 10: TRUE

While the incidence of paranoid disorders increases with age, it is still uncommon. Hearing impairments may be a contributing factor in paranoid disorders. Self-neglect may occur as a result of paranoid tendencies. Question 11: Overall, elderly members

of the largest ethnic minority groups have poorer health than non-minority elders. Answer 11: TRUE In general, the health status of the older blacks,

older Hispanics and Older American Indians is poorer than the health status of older whites. Elderly minorities have twice as many sick days in bed as elderly whites, for instance. They are also more likely to retire because of health problems...life expectancy for most older minority adults is also several years shorter than it is for

Question 12: Older people do not trust the police and are unlikely to call them if they need help. True or false?

Answer 12: FALSE

Older persons, in general, have positive attitudes toward law enforcement. They are more satisfied with the performance of their local police agencies than are younger age groups.

Question 13: Older people cannot learn new things. True or False? Answer 13: FALSE

Older people can learn new things about as well as younger people, if given enough time and repetition of the new material

Question 14: Older person grow more similar to each other as they age. Answer 14: FALSE

The longer a person's stored experience becomes, the more unique his or her personality Well how did you do with the Aging Quiz?

Remember it is a quiz to see if you are making or using the best possible perceptions about our Graying Americans Next month, PART 9 OF ELDER ABUSE,

looks at Physiological Changes Related to Aging. We'll examine the sensory changes that are normal in the aging process - Visual loss, Hearing loss, Touch and Pain, "Righting Reflexes" and common diseases and chronic conditions that affect the elderly.