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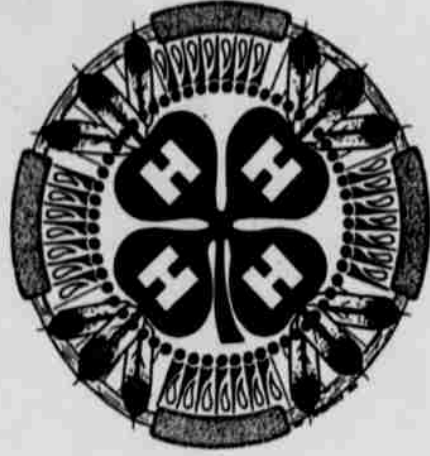
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people. World Wide Web Address change for Warm Springs Extension: http://www.orst.edu/dept/wsex

The Clover speaks

by Sue Ryan

The 4-H office is a hummin' with activity this week as we ready our way towards the 1997 4-H Culture Enrichment Camp at Peter's Pasture. A big thanks to the W.E.D.D. crew for all of their help on getting the site ready for Warm Springs youth to romp and play as well as learn.

Effie Culpus-Camp Elder
Julie Johnson-Girls Counselor
Alice Wyena-Beadwork Teacher
Hilda Culpus-Camp Elder



Priscilla Blackwolf-Camp Cook
Harold Blackwolf-Boys Lead Camp Counselor
Agnes Wolfe-Female Sweathouse Leader
Kathy Crane-Girls Counselor
Rex Robinson-Boys Camp Counselor
Dana Smith-Fishing Instructor

Natural Resource Notables

by Bodie Shaw

Fishing and Poisonous Plants
We recently have had some people inquire about poisonous plants encountered while fishing. High on the list of encounters were members of the Rhus Family; Poison Ivy, Poison Oak and Poison Sumac.

Causes: Poison ivy, oak and sumac rashes are caused by an allergy to the resin of these plants, called Rhus plants. You don't have to come in direct contact with the leaves, roots, or branches of Rhus plants to get the rash.

Like other allergies, Rhus allergy is acquired; you're not born with it. While some lucky people never become allergic to Rhus plants, most persons become sensitized at some time and remain allergic.

Contagion: Your poison ivy, oak or sumac rash is not contagious. The fluid in the blisters does not spread the rash. Rhus rash doesn't appear immediately after exposure to the plant resin, but only after a time called the latent period.

Treatment: Rhus rashes are self-limited—sooner or later they clear up without treatment. Letting nature take its course with a mild Rhus rash is reasonable, but severe rashes need treatment to ease the misery and

disability they cause. Cortisone-type preparations taken by mouth are dramatically effective in treating Rhus rash. It's safe to take these drugs for a short period (2-3 weeks). If you have a peptic ulcer, high blood pressure, or diabetes, you should take cortisone only under close medical supervision.

Prevention: The only way to prevent Rhus rash is to avoid contact with the plant resin. It's traditional advice to wash with strong soap after exposure. This does no harm, but is only effective if you wash within 15 minutes of exposure.

If you have any questions, or you want to look at some better color photos, please stop by and see me.

BPA Barriers
The Bonneville Power Administration (BPA) is funding fencing activities along the lower Warm Springs River as part of an early-action watershed habitat program fitting under the Tribal Restoration Plan.

partment of Natural Resources fishery personnel, range and agriculture personnel, GIS personnel and Inter-Tribal Fish Commission (CRITFC) scientists.



This month a BPA survey crew will locate 17 points on the ground and GPS them as the first step toward aerial photogrammetric data collection that BPA will generate from a high and low level flight along the river from Culpus bridge downstream.

Bank stability, riparian vegetation condition and channel morphology are the monitoring variables that have been selected. Although this work is for 1997 only, we anticipate continuation of flights made biennially since it will take the vegetation a number of years to recover from livestock use as well as from the recent floods.

For further information, call Patty O'Toole at the Tribal Fish and Wildlife Department, 553-3233.

"Fat Replacers" to be seen July 17

by Norma L. Simpson

The Nutritionists at IHS and the OSU/WS Extension home economist will join Cheri Jo Carter's Satellite program on July 17. It's the wonders of satellite and video tape when we learn about the fat replacers used in many of the commercial prepared foods that we eat.

We scheduled the special event at the Warm Springs Health and Wellness kitchen from Noon to 4:30 so that more people could bring their lunch and join us for as much as possible during the afternoon.

On May 2 we were not able to schedule the satellite program from LaGrande due to the Honor Seniors Day. But like during the Eastern Oregon OSU telecast we will sample

some of the foods with replacers that are available in Madras, we talk about ways to reduce the fat in recipes we prepare at home, and ways we can use ordinary fat replacers from your refrigerator.

Mary Kelsey, OSU nutrition professor talks about the "Practical Aspects of Fat Replacers" followed by Cheri Jo Carter, Area Home Economist with "Trends and Tips Using Low Fat Products."

For more information, contact Norma L. Simpson at 553-3238 or Lillian January at 553-1196. Again that's July 17, Noon to 4:30 pm and it's free.

Happy July 4th- Use fireworks with care!!

Horseradish-Tomato Relish recipe shared by OSU Master Food Preserver

by Norma L. Simpson, OSU/Warm Springs Extension Home Economics Agent

A lady called this week to get recipes for canning horseradish. While we have a sheet in the OSU Master Food Preserver handbook, we only have one recipe for canning horseradish and that is in a tomato relish listed below.

Generally horseradish taproots are harvested after several frosts. The roots are stored in moist sand of sawdust in a cool dark cellar. Sometimes they are mulched heavily in the ground then harvested throughout the winter.

The problem is that we do not have tested recipes for horseradish except as an ingredi-

ent in a high acid tomato relish. Remember, horseradish roots come from the soil where spores of Botulinum thrive. Since horseradish is a low-acid root and researchers have not tested the length of processing and the food safety, OSU cannot recommend canning horseradish.

Instead, OSU recommends that you grind a small amount of the roots to make the basic relish that will be stored in the refrigerator. Horseradish fades and loses its pungency with 1-2 months even when refrigerated.

Horseradish-Tomato Relish (yields 4-5 pints)
3 quarts peeled, chopped tomatoes
1 1/2 cups vinegar (5% acidity)
3/4 light brown sugar
2 tablespoons salt

1 teaspoon ground allspice
1/2 teaspoon cinnamon
1/2 teaspoon cloves
3 tablespoons mustard seed
1 tablespoon dill seed
3/4 cup freshly grated horseradish
1-2 hot chili peppers
1 cup chopped onion
1 cup chopped celery
Chop tomatoes. Combine vinegar, sugar and spices, and bring to a boil. Add tomatoes, peppers, onion, celery, horseradish and simmer 15 minutes.

Pack into clean hot pint or half-pint jars and process in boiling water bath canner for 15 minutes.

For a complete copy of "Horseradish," ask for special publication SP 50-793 by calling Norma at (541) 553-3238 or 553-3535.



ELDER ABUSE: Part 9 Physiological Changes Related to Aging

by Office of Victims of Crime, US Department of Justice

Normal Changes in Aging
Old age is not synonymous with disease and disability. Most older people are active and healthy throughout their lives. There are, however, a number of physiological changes that almost everybody experiences who lives to a certain age.

Visual Loss. Visual loss usually begins when an individual is in his or her 40s. As the lenses of their eyes begin clouding, the size of their pupils decreases and light is prevented from entering.

Sensory Changes

Hearing Loss. Some hearing loss is common to everyone and usually begins during the individual's 20s. Changes in hearing that the elderly experience include the following:
\* Loss of ability to hear high frequencies.

Visual loss can be extremely traumatic for those experiencing it. It can limit mobility, increase the likelihood of accidents, impede recreational activities, and lead to fear and isolation. Because vision has been shown to compensate for other sensory losses, the effects of its loss are far-reaching. Adjusting to visual loss requires learning new self-care

skills, which many elderly fail to accomplish. Most, for example, do not learn how to read Braille.

\* Ringing in the ears.
\* Hypersensitivity to very loud speech that would be acceptable to a younger person.
\* Loss of the ability to localize where sound is coming from. This makes it difficult for many older people to discriminate among

the sounds heard in a noisy environment. Many people who have hearing loss compensate for it by relying more heavily on visual clues such as facial expressions.

Older people are also especially susceptible to the adverse effects of weather, including hypothermia (a sometimes fatal drop in internal temperature), heat stroke, and heat exhaustion. Conditions that may make older people even more susceptible to temperature extremes are chronic illness, inability to afford enough heat or cooling, inactivity, obesity, alcoholism and use of certain medications.

Symptoms of hypothermia include sometimes irregular heart beat; slurred speech; shallow, very slow breathing; sluggishness; and confusion. Signs of heat stroke or exhaustion include faintness, dizziness, headache, nausea, loss of consciousness, rapid pulse, flushed skin, weakness, heavy sweating, and giddiness.

Musculo-Skeletal Changes
Up to the age of 30, people's bone content increases. It remains constant until about the age of 45, and after which it falls progressively. While this is true for both men and women, bone content falls rapidly for women after menopause.

Osteoporosis refers to a reduction of the total amount of bone in the skeleton. It is characterized by loss of height and downward inclination of the head. While it is a natural effect of aging, it becomes "clinical" osteoporosis when the total bone is reduced below a critical level at which fractures are more likely to occur and bones become more painful when stressed.

Cognition
Cognition is a composite term that refers to intelligence, ability to learn and memory. What it has been observed that some changes in cognition are a normal function of the aging process, they effect of these changes do not significantly impair social function-

ing. Significant declines are usually the result of disease. There is evidence to suggest, however, that the speed of cognitive processing declines with age. This means that it may take older people longer to recall or process information.

Diseases and Chronic Conditions of the Elderly

The elderly are more susceptible to certain acute and chronic illnesses than other segments of the population. Chronic conditions are long-term (more than three months), are often permanent, and leave a residual disability that may require long-term management or care.

The most common chronic conditions that cause limited activity in individuals over 65 are arthritis, which affects 50 percent of the elderly; hypertension, which affects 39 percent; hearing impairment, which affects 30 percent. More than 80 percent of the over-65 population have at least one chronic condition, and many have multiple conditions.

Arthritis: A variety of types of inflammations and degenerative changes of bones and joints, resulting in limited functioning.

Hypertension (high blood pressure): While blood pressure often increases somewhat with age, significant elevations pose a serious health problem. They can damage the heart, lungs, and kidneys and contribute to the development of heart disease.

Stroke (cerebrovascular accident): A blockage of blood from the brain. The severity depends on the particular areas and amount of brain tissue involved.

Congestive heart failure: A set of symptoms related to the impaired pumping performance of the heart. The result is that the more chambers of the heart do not empty adequately during the heart's contractions.

Parkinson's disease: A neurological disease that results in tremors, rigidity, lack of expression and difficulty walking.

Diabetes mellitus (sugar diabetes): A disease associated with deficient insulin secretion, leading to excess sugar in the blood and urine. This type of diabetes begins in adulthood and develops slowly. It occurs not frequently in obese elderly. The retinas of the eyes are often affected.

In Part 10 of Elder Abuse, in an August issue of Spilyay, the article will look at "Other Physical and Emotional Problems Associated with Aging."

STOCKMAN'S ROUNDUP: Watering cattle

or gravity flow from a dam or pit of water 60 to 150 feet away. The pit or dam water sites were not fenced. Cattle were given the opportunity to drink from the tank or pit.

Preliminary results from the 1996 grazing season showed that nearly 80% of the cattle preferred to drink water of the tank rather than the dam or pit water, said Surber.

Cattle that drank at the tank stayed at the watering area from five to 15 minutes, with most leaving the area about eight minutes after arrival. Those animals watering at the dam or pit sites stayed at the water site from 10 minutes to three hours, with most loitering for more than one hour. This could be a significant contributor to feed consumption and animal productivity.

According to Dale Veseth, a Malta, Montana rancher, there "seems to be some degree of learning curve with the herd. Calves demonstrated the most interest and consistency of tank use."

Water quality, on the Veseth ranch, was most significantly different in total suspended solids. The water in the tank, compared to the pit water source, was two milligrams per liter and 49 milligrams per liter respectively.

In addition, photo stations monitored vegetation near the watering sites. Monitoring data will be collected for three to five years to determine if there is a vegetative change in the areas. First year photo monitoring indicates more shoreline vegetation on pits near water tanks than near similar pits near tanks.

Anthrax cases may increase

Anthrax is likely to kill more livestock this year because of recent blizzards and flooding.

"History tells us that we're likely to see an increase in anthrax," says Ivan Berg, a veterinarian and animal disease specialist at North Dakota State University's Veterinary Diagnostic Laboratory. "But we usually see only one or two cases a year, so even if we triple the number of cases, we're not talking about a large outbreak."

Anthrax is a generalized bacterial infection that attacks internal organs of animals. The bacteria produce toxins that kill victims by kidney failure or shock. It only takes a few days for the disease to kill its host.

Research indicates that livestock may ingest the reproductive spores while they graze very short grass when forage is short.

Once the spores are in the system, the bacteria proliferate and it's only a matter of days until the animal is dead. Anthrax is not usually spread from animal to animal, although it is infamous because it can kill humans. But Berg says that's not likely to happen.

"As long as the carcass remains intact and is buried or burned properly, the spores will remain in the carcass and there's little danger of spreading the disease," he said.

"This is a scary disease and must be reported to state authorities by law," Berg says. A vaccine is available by order of the state veterinarian to protect other animals on farms where anthrax has been diagnosed.

"That's why it's so important to get a quick, accurate diagnosis," Berg says.



by Bob Pawelek
OSU Livestock Agent

Several ranchers from Montana have been part of a Grazing Lands Conservation Initiative project that has helped answer the questions of whether cattle prefer higher quality drinking water and whether they will avoid muddy watering sites and allow vegetation to increase.

Gene Surber, Montana State University's Extension natural resources specialist, said water was provided in a tank by either pump